

Is this good advice?

Posted by Anonymous - 11 Jun 2010 19:43

Is it good advice/ muttar to tell yourself that if I wait X amount of days, I can/ will be nichshal in hz"l? Basically is it smart to reward yourself with the thing you are trying to stop?

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Re: Is this good advice?

Posted by Ineedhelp!! - 11 Jun 2010 19:51

I would say it best to say: "I WILL NOT act out for the next x days". Dont reward yourself with what you know is bad for you. Reward yourself with soething better and more fullfilling. After the x days do it again.

Have a great Shabbos!

-Yiddle

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Re: Is this good advice?

Posted by the.guard - 12 Jun 2010 19:42

Take it one day at a time. Tell yourself "just for today, I won't act act". "I reserve the right to act out tomorrow, but today I won't act out even if my head falls off".

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Re: Is this good advice?

Posted by Ineedhelp!! - 13 Jun 2010 02:49

Um...I hope he doesnt take that the wring way, Guard.....

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Re: Is this good advice?
Posted by Dov - 13 Jun 2010 04:28

What are you worried about yiddle, that his head might fall off?

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Re: Is this good advice?
Posted by NeverAgain - 13 Jun 2010 04:40

[guardureyes wrote on 12 Jun 2010 19:42:](#)

but today I won't act out even if my head falls off".

"Head" - no pun intended.

There. Does that help, Yiddle? ;D

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Re: Is this good advice?
Posted by Dov - 13 Jun 2010 04:45

Go back to your crows nest and leave Yiddle alone, it was my turn to annoy him, not yours!

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Re: Is this good advice?
Posted by NeverAgain - 13 Jun 2010 07:30

Dov, are you mad at me? If not, press Alt+F4.

Now are you mad at me? ;D

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Re: Is this good advice?
Posted by Dov - 13 Jun 2010 12:25

OoooooooooooooooooooooooooooooooooHHH!!!!!!!!!!!!!!!!!!!!

(Yosemite Sam)

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Re: Is this good advice?
Posted by Ineedhelp!! - 13 Jun 2010 14:15

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This will be our new friend, Anonymous... ;D ;D ;D ;D

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Re: Is this good advice?

Posted by Ineedhelp!! - 13 Jun 2010 14:40

In all seriousness, Anonymous actually might take that the wrong day. Guard didnt mean to say it today and then tomorrow act out. He meant worry about today and only about today. And when tomorrow comes you can say the line again: " I will not act out today even if my head falls off". (Though I still think thats a bit extreme, even for you Dov ???).

By the way did anyone get my drawing above???

-Yiddle

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Re: Is this good advice?

Posted by Anonymous - 18 Jun 2010 01:13

Don't worry guys, I got it. Thanks a lot for the advice!

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Re: Is this good advice?

Posted by Dov - 18 Jun 2010 04:07

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