

Quick & Easy Tips

Posted by Happy - 10 Dec 2008 18:23

I always carry a small mirror in my pocket and as soon as I am tempted or improper thoughts/images pop into my head I look at myself in the mirror and everything vanishes and stops me from going down that slippery slope again.

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Re: Quick & Easy Tips

Posted by mdmjerusalem - 11 Dec 2008 18:20

Wow! what an interesting idea.

I wonder why it works

- a) Tzelem Elokim
- b) Dmis Oviv
- c) Anything special on your face.....

or any other reason

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Re: Quick & Easy Tips

Posted by kookooreekoo - 11 Dec 2008 18:25

I don't need a mirror, I have God...

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Re: Quick & Easy Tips

Posted by the.guard - 11 Dec 2008 23:12

I think this works because you see yourself in "third person" and can laugh that this face and this body, this flesh and blood that you see in the mirror wants such things... (you no longer see

it as "I" want it)

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Re: Quick & Easy Tips

Posted by me - 12 Dec 2008 07:45

I saw once on someone's fridge, "the most active sex-organ is.... the human brain",. Perhaps when we look at our faces from the "outside", we get a chance to see that there is a human being there as well.

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Re: Quick & Easy Tips

Posted by kookooreekoo - 12 Dec 2008 15:03

good philospehy, but if you are a real sex-addict then all this works only untill you get hit with a temptation. this is a good indication that you are a sexaholic, and for me nothing works except God thru the twelve steps

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