

Shower

Posted by LEARNING - 21 Jun 2013 05:51

Hey there,

Just wanted to share some tips that help me regarding showering. I find that the shower is a very risky time for me, and I need to be extra careful. Therefore, I:

a) try to take cold showers

b) limit my time- I usually try to limit the time to 5 minutes, counting as I go. This way, my mind is on counting and NOT other stuff. Also, the less time in the shower, the less time to fall.

Any other tips?

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Re: Shower

Posted by Blind Beggar - 21 Jun 2013 09:51

Call a GYE buddy before the shower and again after the shower. You won't want to call back and say you fell.

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Re: Shower

Posted by Machshovo Tova - 21 Jun 2013 17:54

I was gonna say: Take a shower in the Mikvah where others can see you, but I must admit that).

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Re: Shower

Posted by think good - 25 Jun 2013 10:55

go to a busy mikvah

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Re: Shower

Posted by moish u.k. - 25 Jun 2013 18:00

[Machshovo Tova wrote:](#)

I was gonna say: Take a shower in the Mikvah where others can see you, but I must admit that).

MT

Hmm..

It takes one to know one

(just once more before i toivel)

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one can fall there too (in the shower and in the Mikvah - please don't ask me how I know

Re: Shower
Posted by mr. emunah - 25 Jun 2013 18:48

now why does that sound familiar?

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Re: Shower

Posted by Machshovo Tova - 25 Jun 2013 18:55

??" ?" ? ? ? ? ? ? ? ?

May we purify our hearts so that we forget about all impurities.

Amen

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Re: Shower

Posted by mishtehtamid - 09 Jul 2013 00:40

The shower has always been the most dangerous place for me. Once I started using the mikveh daily, it was easier to never shower other than in the mikveh. Not that it changed much other than the shower was no longer an issue.

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Re: Shower

Posted by gibbor120 - 09 Jul 2013 00:53

Welcome mishtehtamid! We're glad you posted. Don't be a stranger. Let us know if there is anything we can do to help.

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Re: Shower

Posted by cordnoy - 09 Jul 2013 01:57

I also wont say why the shower (especially a private one) can be dangerous for me

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Re: Shower

Posted by Blind Beggar - 09 Jul 2013 17:31

[Blind Beggar wrote:](#)

Call a GYE buddy before the shower and again after the shower. You won't want to call back and say you fell.

Hey Learning!

Didja try it? Did it work?

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Re: Shower

Posted by LEARNING - 10 Jul 2013 04:13

Didn't try it b/c i've been using the other methods instead. They don't always work but are pretty good. I find that i fall least if i read a GYE email before the shower.

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Re: Shower

Posted by Chabadguy - 10 Jul 2013 05:59

Wow! didnt know this was a problem for so many guys. its interesting how the torah doesnt discuss these inyonim they tell you the law but they dont tell you practical tips about how to fight it.

maybe thats where ahavas yisroel comes in. everyone helps each other keep torah. maybe thats what he meant when he said 'dont do to other what you wouldnt want to be done to you thats the WHOLE TORAH the rest it commentary.

Now how is that the whole torah? because once you have ahavas yisroel you have a whole family of people helping you in all areas of torah!

Lchaim!

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Re: Shower
Posted by RoshYeshivasSon - 02 Sep 2013 00:32

Take a really quick one. Try to make it in under a minute. It's possible.

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Re: Shower
Posted by ?????? ?????? - 02 Sep 2013 00:41

interesting, i had the same issue years ago before i start to act out on internet.

this is a really dangerous place.

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