

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 some_guy - 10 Sep 2013 05:51

This is a little weird, but showering has had the opposite effect on me. I think the reason is that when I shower, I feel like I am washing away all the filth, physical and mental. I guess I am fortunate that Hashem gives me extra protection then.

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Re: Shower

Posted by Makabee13 - 12 Sep 2013 19:28

I've always had an issue here. Its probably the only place I do have an issue. The one thing that has never let me down - I say a small prayer in the shower (when I want sobriety). The gravity of what I'm doing suddenly hits me. Here I am completely naked speaking to the creator of the world HKB"H asking him to save me. I think its power lies in its unconventional nature. Its even more powerful if you take 3 steps back and 3 steps forward.

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Re: Shower

Posted by LEARNING - 13 Sep 2013 09:16

Thank you all so much! The shower has become a no-fall zone, but I know that I still have a dark side. I must pray each time before I think I'm going somewhere risky.

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Re: Shower

Posted by puredaniel - 21 Oct 2013 23:24

You must have Power in the Shower;

Don't take half an hour.

Maybe call a chaver;

or think of your mother.

Sing a little nigun,

and dance to the rhythm.

Your washing your sins away,

stay clean for just one more day.

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Re: Shower

Posted by SIB101854 - 23 Oct 2013 05:10

The only advice that I can offer as someone who has had such temptations is to take as short a shower as possible, while washing yourself as thoroughly as possible. When you get out, dry yourself and get dressed as quickly as possible.

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Re: Shower

Posted by Kedushat Yesod - 25 Oct 2013 16:37

There were times I was able to calculate that if I took a shower, I would fall FOR SURE.

Therefore, I took no shower that day. And it felt great! Between shmirat habrit and keeping with the halacha of bathing yourself everyday to keep your divine image clean, the former is much more important.

Studying Torah before showering also has had a great effect on me because it kept the urge away enough for me to shower without many problems. Preferably try to read something you find very interesting and sweet.

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Re: Shower

Posted by Dov - 28 Oct 2013 04:34

That's so great! Glad something is working for you, too!

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Re: Shower

Posted by cordnoy - 02 Oct 2014 16:55

This was a fairly recent thread, and I bring it back not for its content (although it is a serious issue for many; myself included, and needs to be tackled); I post here, for it seems to me that there are ten or eleven fellows who posted on this thread, and haven't been seen in a fairly long time. Now some of you may have moved past this issue and kol hakavod to you, but if you haven't, know that there is help for you, and even if last time you tried, you were not successful for one reason or another, this time you could. I am hopin' that some of you are subscribed to this thread, and when this post bings in your email box, perhaps it can provide a bit of a jolt and bring you one step closer to reality.

I know that my life wouldn't be real without GYE.

thanks

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Re: Shower

Posted by dms1234 - 02 Oct 2014 18:49

Hey! Dov is doing just fine thank you very much!.....

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Re: Shower

Posted by cordnoy - 02 Oct 2014 19:13

[dms1234 wrote:](#)

Hey! Dov is doing just fine thank you very much!.....

But what about Kedushat Yesod, Pure Daniel, Makabee, Learnin', Some guy, R"Y's son, ggennukggivenggbegggargguygggoodthinkin' (I love names with G's in 'em), mishteh tamid, chabad, etc.?

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Re: Shower

Posted by unanumun - 03 Oct 2014 00:45

[cordnoy wrote:](#)

But what about Kedushat Yesod, Pure Daniel, Makabee, Learnin', Some guy, R"Y's son, ggennukggivenggbegggargguygggoodthinkin' (I love names with G's in 'em), mishteh tamid, chabad, etc.?

Aren't they all in the secret forum?

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Re: Shower

Posted by cordnoy - 03 Oct 2014 01:10

[unanumun wrote:](#)

[cordnoy wrote:](#)

But what about Kedushat Yesod, Pure Daniel, Makabee, Learnin', Some guy, R"Y's son, ggennukggivenggbegggargguygggoodthinkin' (I love names with G's in 'em), mishteh tamid,

chabad, etc.?

Aren't they all in the secret forum?

I would know then.

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Re: Shower

Posted by LEARNING - 03 Oct 2014 21:02

Seeing a "revival" of this thread really inspired me. I haven't been doing so well lately even though it's the 10 days of repentance. When I saw the reply I. This thread I remembered. I remembered all the struggles I've gone through. I remembered how much succes I have had. How many falls I've had. How much I've learnt. Most of all I see that no matter what I am not alone. Thank you for that.

Going into the new year, I know that I'm an addict. I know that I might fall. At least I know that I want to stop. I will never give up, thank God, simply because of the damage that has been done to me.

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Re: Shower

Posted by cordnoy - 03 Oct 2014 22:27

Please come back!

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