

Something I Find to Be Very Helpful

Posted by UTS - 02 Feb 2009 21:24

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I just keep busy, if not with things that are an absolute chiyuv or necessity, then at least with things that seem to *chap* my mind. In my case that could be playing a musical instrument or certain types of exercise. Also, reading things that I always wanted to, which are worthwhile to know, not fiction. Writing a letter. You get the idea. This seems to be a quite easy pleasant way to keep out of trouble. We'll see if it continues to help. I also think that dwelling on the subject of shmiras habris too much in this generation can be counter productive. What is too much can vary by the individual. Also, I do not seem to be as addicted as some others are Bechasdei Hashem Yisborach.

Hashem Ya'azor Lekulon.

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Re: Something I Find to Be Very Helpful

Posted by the.guard - 02 Feb 2009 21:33

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What you say here reminds me of our "[Kosher Isle](#)" and especially [this page](#).

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Re: Something I Find to Be Very Helpful

Posted by UTS - 03 Feb 2009 00:02

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That's right, but these things can be more important than people realize. I actually wrote some of the suggestions in that piece, but now actually *do* them more.

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