

Finger snapping (not kidding)

Posted by musician - 21 Feb 2016 15:43

I recognized early on that I have a problem that is slowly but surely killing me, and we all know that that's not an exaggeration, because a ruchnius death is far worse than a physical one.

Years ago, in a good moment, I decided to try to postpone my suicidal activity by an hour. Yes, one hour. I knew that a single hour of self-control can generate alot of good.

Yes, I SHOULD, and I probably COULD, but WOULD I? I was vacillating between Yes, have one kosher hour and then you can go back to the poison, and between, What good will one hour do except drive you crazy while you are fantasizing and looking at the clock waiting for the hour to pass?

I finally decided to give it a try. And to make the decision concrete, I decided to make a Neder. Now, I may have a yetzer hara for certain things, but breaking a neder is not one of them, Boruch Hashem.

"DON'T!" screamed the other side of the struggle. "I can't wait that hour!" But my mind was made up. And then I said to Hashem, I'm going to formalize the neder for this hour of restraint by snapping my finger. Snapping my finger is the siman that my mind is made up and this is indeed a neder deoraysa.

So I snapped my finger, and guess what? The yetzer hora evaporated. Poof!

Sometimes, after the hour passed I would rush back to the putrid rot. But most times, the hour passed and found myself occupied with other activities, or I would renew the hour with another fingersnap.

Once I have had a clean period of several hours, I would extend the time period of the next neder to perhaps a day, or several days, or longer. It is Boruch Hashem very rare for me to relapse.

I unfortunately did have a yerida about two months ago (which is why I searched for and found this website, but that is another story), and after a period of disgust with myself, I used this technique (which has served me so well in the past) and postponed the activity by a day at a time, each day formalized with the fingersnap. I am now fingersnapping for periods of a week. Yesterday, I sighed and snapped for yet another week. My weeks end on Friday afternoon, so now I will stay clean at least until Shabbos.

Each fingersnap is easier than the one that precedes it.

To recap:

1. Decide that you want to have a clean period, and how long you want it to be. It has to

be manageable, of course.

2. Make a neder (forgive me Hashem, I know what the gemara says about nedarim, but this is pikuach nefesh) to stay away from XYZ for the amount of time you intend, and snap your fingers to formalize it.
3. At the end of the period, decide if you are able to extend it further, and if so, snap your fingers to the new period of time. If you are able, try to increase the amount of time.

This works for me. If you find this helpful, please let me know.

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Re: Finger snapping (for adults?)

Posted by markz - 21 Feb 2016 15:50

Sounds Interesting

Can you share how long this has helped you for - How many weeks clean are you now

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Re: Finger snapping (not kidding)

Posted by musician - 21 Feb 2016 16:07

MZL: years and years, with the exception of one time around a year or two when I woke up from a nap, and did something stupid, which led to ejaculation, may Hashem forgive me.

Browsing where I should not have been: About a month now, but there too I have been clean for many many months at a time

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Re: Finger snapping (not kidding)

Posted by markz - 21 Feb 2016 16:14

If this works for you, keep the drums rolling!

Dou know about the gye [Taphsic Sh'vua](#)?

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Re: Finger snapping (not kidding)
Posted by musician - 21 Feb 2016 16:46

I know about it now. But I must emphasize that I am brand new to this site. I actually have been fantasizing for years about creating a forum for frum men with SSA issues. Yesterday it occurred to me that I can[t be the only one with that idea, so I did some rudimentary searches last night and found this.

May hashem bentch all those who have a part in this

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Re: Finger snapping (not kidding)
Posted by markz - 21 Feb 2016 16:47

So this is the first time you heard about gye??

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Re: Finger snapping (not kidding)
Posted by musician - 21 Feb 2016 17:17

Yes

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Re: Finger snapping (not kidding)
Posted by markz - 21 Feb 2016 17:19

Ok you're in good hands - we hit the cords well over here

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Re: Finger snapping (not kidding)
Posted by realsimcha - 21 Feb 2016 17:21

Super interesting!

Finger snapping.

please keep us "Post"ed!

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Re: Finger snapping (not kidding)
Posted by musician - 21 Feb 2016 19:02

I'm very moved. It is sort of overwhelming to be able to discuss this with anyone, even anonymously. Until now it was just Hashem and me.

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Re: Finger snapping (not kidding)
Posted by jay123 - 15 Aug 2016 00:58

RE finger snapping.

This site and forum is here to help people and give valuable advice towards a porn addict.

you sound a like class a drug addict.. breaking fingers are you for real?? go see a phsyco therapist!!

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Re: Finger snapping (not kidding)

Posted by Markz - 15 Aug 2016 01:04

Ok I hope happy guy does just that

In the meanwhile, Jay, have you tried any other tools in the handbook?

If you're reading backwards and start from the meds section, please take a chill pill on the JHF section, and leave happy guy alone

Hes happy guy, so please don't snap at him

Keep on Trucking!!!

You get my drift??

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