

Have a written list to visualize the consequences

Posted by David26fr - 08 Aug 2016 11:02

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Hello all,

I had many falls in the last days... but also, these falls permitted me to see what I have to work.

A little technique that I found is to write on a little paper all the consequences of the falls, all what I can connect to the falls.

This must be written right after a fall or after a little time.

For example :

- Depression
- Many bad pictures in my head
- Cold daven
- Distance with my wife
- Illness
- ...

This paper is always with me.

When I have an attack, when the addiction tells to me : "OoOooh let's see some shmutz, it's marvellous, you will have a big time, and you will be better after", I can take the paper, read it, and respond : "NO ! It's a lie, see what has happened after the last falls ! Many days of darkness for just a little time of pleasure".

I think that this technique can help to break addiction that always shows us a fall like a marvellous thing, and wants us to forget what is happening AFTER a fall.

This paper helps to not forget the AFTER, and how the things are worse.

What do you think about this ?

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Re: Have a written list to visualize the consequences  
Posted by cordnoy - 08 Aug 2016 11:26

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The question is: what do YOU think of it?

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Re: Have a written list to visualize the consequences  
Posted by David26fr - 08 Aug 2016 12:25

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For me, I think it's a good thing, and it helps me to stay focused

It's an arrow of more in my bow

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Re: Have a written list to visualize the consequences  
Posted by Markz - 08 Aug 2016 13:50

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Arrows will work if you have one bullseye...

But if the targets keep shifting and they are more than your arrows, then it may be better to turn your bow into one of submission :-)

[cordnoy wrote on 22 Aug 2013 23:41:](#)

the direction you should go is "up."

it is very difficult and perhaps even impossible for an addict to avoid his choice of drug by

himself.

he needs to do it with another.

You have come a long way in your life.

Hashem has good things in store for you. Perhaps join one of the conferences here.

Open up to someone; share your thoughts.

Stick around here and you will get ideas that work for you.

It should be b'hatzlachah.

David this was written to you sometime back and very true that is addicts cannot exit lust with our own inventions. Have you begun anything Cordnoy mentioned 3 years ago?

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Re: Have a written list to visualize the consequences  
Posted by David26fr - 10 Aug 2016 08:29

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You hit the point !

I have contact with some partners, and we share about this.

Unfortunately, for conferences, it's a bit more difficult...

In France, there is not a lot of possibilities of physical conferences.

And my english isn't enough fluent to go to GYE'S conferences by phone.

The other problem is to go the conferences without my wife has knowledge.

I can participate in the forum, but I don't have Internet at home, so it's only when I can take time during a break at work.

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