

Skills That Work in the moment

Posted by Elya K - 03 Feb 2020 18:51

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Ideally I don't want to reach the point where I get tempted, but when I do I use "Play the Tape Out" skill to help me see the consequences of my own actions. In other words I step back and say to myself, last time I did this, I upset my wife, I felt guilt and shame and is a few minutes of looking going to be worth going through that misery again.

What about you? Have you ever used this? What do you use to help you in the moment?

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Re: Skills That Work in the moment

Posted by DavidT - 03 Feb 2020 18:59

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please see [this](#) post regarding "**Recall negative consequences**"

and [Cost Benefit Analysis \(CBA\) - Pros & Cons Exercise](#)

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Re: Skills That Work in the moment

Posted by Yochnao - 03 Feb 2020 21:51

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I can definitely relate to this. I also hope to never get myself into that position, but unfortunately it happens to me as well. And when it does, I try to stop and write out the entire scenario, and most times it helps cool down the urge. Yes, I will feel a strong pleasure in the moment, but after that, i'm filled with immense guilt and shame, I feel distant from my wife and family, distant from gd, and incredible distracted throughout my busy day. And the aftermath lasts a LOT longer than the pleasure I received. And hopefully you realize that its just not worth it.

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