

A handful tool

Posted by et - 04 Aug 2021 15:24

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I discovered a new tool that kept me ongoing for a few month now. It's a powerful tool, but it should be used with the due respect.

I saw a video that REALLY disgusted me. Once I saw that, it impact me so much that I stopped watching porn.

I know that disgust may not be the nicest choice, but it surely works for me. I remember reading that that's how Rabi Najman of Breslev overcome his yetzer hara.

Hope this helps you!

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Re: A handful tool

Posted by Sheva Yipol Tzaddik - 05 Aug 2021 09:58

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It might be a good idea to write down exactly what your feelings are/were so that when time passes yo can remind yourself of this newfound tool. Obviously don't write anything in a way which will get you triggered, but as much as you can try to describe the feelings of disgust... and then share it with us so we can all benefit!

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Re: A handful tool

Posted by Shtarkandemotional - 06 Mar 2022 15:06

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[et wrote on 04 Aug 2021 15:24:](#)

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This has helped me tremendously. This exact method.

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Re: A handful tool  
Posted by Lou - 06 Mar 2022 16:42

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Back in the days when I was really a heavy watcher, I once saw a video of a frum man involved in a chat with a female (I am trying to keep this clean, but I assume you get the gist of the content of the video). She must have recorded it and then posted it somewhere. He looked so ridiculous and disgusting that it really made me want to throw up. I realized that is how I look as well. However the disgust didn't last long unfortunately.

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Re: A handful tool  
Posted by cordnoy - 06 Mar 2022 17:15

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[Lou wrote on 06 Mar 2022 16:42:](#)

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We have a thread for that. Most fellows think it can't happen to them.

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Re: A handful tool  
Posted by DavidT - 06 Mar 2022 17:25

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[Lou wrote on 06 Mar 2022 16:42:](#)

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Visualization in general is a powerful technique that can be used as a tool in this struggle. When you visualize an experience, areas of our brain actually go through some of the motions used when actually acting out that behavior.

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Re: A handful tool  
Posted by jackthejew - 06 Mar 2022 19:54

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[et wrote on 04 Aug 2021 15:24:](#)

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Hope this helps you!

As someone who's been down a few rabbit holes, unfortunately not everything most people find disgusting or wierd is a turn-off for everyone. It may make the problem worse for some

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Re: A handful tool  
Posted by Bilaam Harasha to Yosef Hatzaddik - 06 Mar 2022 20:54

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Yea the same thing happened to me. Not to get too graphic but at the end of most videos they always end it by doing a disgusting act. I even once came across same sex p a few times in the recommended section which disgusted me even more. And there's also one video I watched in which the disgusting lashayeet wanted to end the scene because of the pain she was in but the other disgusting lasha basically forced her to finish the scene. She did comply but she kept saying no again and again and she was actually crying. This wasn't fetish related stuff I was watching either, just regular p of a well know lashayeet without any acting either...

That's actually why the disgusting people in this industry like to operate in certain states where by law that wouldn't be considered rape because there are other states where that would be considered rape. The entire industry is just disgusting and this specifically is much more prevalent than you think. I remember that after watching that video I was just disgusted and I stopped watching anything more.

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