

getting the urge OUT of your head.... the thread.

Posted by Shteeble - 11 Oct 2010 14:43

Welcome to the GETTING THE URGE OUT OF YOUR HEAD thread.

Purpose of this thread:

Provide all GYE members with a large array of tricks and tactics to sidestep, forget, and in general overcome THE URGE.

THE URGE a definition:

The urge is defined as the feeling that I want (for whatever reason) to be mZ"l r"l right now.

The urge can come on from natural body function, hirhurim, addiction, depression, worry, sadness or a million other things. What's important to realize is that an urge is an urge no matter where it comes from.

You can push it away, and it might come back again a few minutes later. It can come back fifty times in the course of the day. Each time you push it away is a separate victorious battle.

Each time is a DIFFICULT battle.

Rules for posting:

Please post all good ideas that you use when confronted with A STRONG urge.

Please do not post jokes on this thread. Please do not use this thread for conversations with your friends at GYE. Please stick to the subject. Let's keep it as readable as possible.

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Re: getting the urge OUT of your head.... the thread.
Posted by Shteeble - 20 Feb 2019 20:29

bump

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Re: getting the urge OUT of your head.... the thread.
Posted by Tzvi5 - 20 Feb 2019 21:24

Get a stronger brain, so if it comes you could ignore it.

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