

GYE Can Close Down (don't tell Guard)

Posted by ZemirosShabbos - 19 Aug 2015 15:14

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## **Start playing `Tetris` to get rid of craving**

Last Updated: Sunday, August 16, 2015 - 21:09

Washington DC: Want to get rid of cravings for drugs, food...? Well it's time to start playing Tetris as a new study reveals that playing the puzzle game can weaken your desire.

Jackie Andrade of the Plymouth University said that playing Tetris decreased craving strength for drugs, food, and other activities from 70 percent to 56 percent.

Andrade said that playing a visually interesting game, like Tetris, occupied the mental processes that support desires, adding that it was hard to imagine something vividly and play Tetris at the same time.

In the study, 31 undergraduates, aged 18-27, were prompted seven times a day via text message to report on any cravings they were feeling.

Fifteen members of the group were required to play Tetris on an iPod for three minutes, before reporting their craving levels. Craving was recorded in 30 percent of the occasions, most commonly for food and non-alcoholic drinks, which were reported on nearly two-thirds of those occasions.

The study found that twenty-one percent of cravings were for substances categorised as drugs, including coffee, cigarettes, wine and beer, and 16 percent were for miscellaneous activities such as sleeping, playing videogames, socialising with friends, and sexual intercourse. Food cravings tended to be slightly weaker than those in the other categories.

Andrade said that as a support tool, Tetris could help people manage their cravings in their daily lives and over extended time periods.

The study is published in the journal Addictive Behaviors.

ANI

*First Published: Sunday, August 16, 2015 - 21:09*

from zeenews.india.com

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Re: GYE Can Close Down (don't tell Guard)

Posted by cordnoy - 19 Aug 2015 15:48

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I find that when i am chattin' with women, or lookin' at pics or videos, my lust desire to search elsewhere is at a bare minimum.

They should interview me, for I can get the percentages to drop even lower; perhaps into the single digits!

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Re: GYE Can Close Down (don't tell Guard)

Posted by cordnoy - 19 Aug 2015 15:54

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oh, and btw, i did tell guard, and he said that we need GYE for the remainin' 5% of addictions.

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Re: GYE Can Close Down (don't tell Guard)

Posted by ZemirosShabbos - 19 Aug 2015 16:00

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so we are not the 1% but at least we are the 5%

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Re: GYE Can Close Down (don't tell Guard)

Posted by cordnoy - 19 Aug 2015 16:05

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I have a whole theory on why davka tetris.

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Re: GYE Can Close Down (don't tell Guard)

Posted by ZemirosShabbos - 19 Aug 2015 16:23

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## GYE - Guard Your Eyes

Generated: 13 September, 2025, 11:30

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Re: GYE Can Close Down (don't tell Guard)  
Posted by cordnoy - 19 Aug 2015 16:35

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[ZemirosShabbos wrote:](#)

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Might be triggerin' for some.

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Re: GYE Can Close Down (don't tell Guard)  
Posted by ZemirosShabbos - 19 Aug 2015 17:34

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[cordnoy wrote:](#)

[ZemirosShabbos wrote:](#)

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Might be triggerin' for some.

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Re: GYE Can Close Down (don't tell Guard)

Posted by mr.clean - 19 Aug 2015 20:16

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Just downloaded Tetris... Not sure how to write that in Hebrew:)

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Re: GYE Can Close Down (don't tell Guard)

Posted by stillgoing - 06 Dec 2015 18:06

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### **The study (see above)**

Participants under the influence of alcohol did not report an increase in craving strength, but results did show a higher indulgence rate.

best, it's a push off - also important - but we still would need gye. ) at

Agav, I hear they are opening a new site gyt, connected to TA (Tetris anonymous)

### **TA step one shares...**

...So this thing to excel and be a cut above the rest; to be a success and be noticed came naturally to me. Just, I suppose, as tetris did, once I got started. But I didn't commence my playing tetris when my school mates, neighborhood friends and scouting buddies started theirs. No, I resisted for a year or so until I was nearly 19 years as I had a deep seated fear that I could and would become the uncontrollable, irrational, unpredictable tetris player that my father was. And my brother, three years my junior was already out of control and experiencing problems in many areas of his life, due to his tetris addiction (he later died at 25, due to tetris and computer abuse).

However, my tetris was fairly civilized for quite some years. Eventually I experienced my first playing while driving offence, followed by an arrest, a police charge and disqualification of my

driver's license. What a shock this was. Especially on those cold winter mornings when I had to ride my bike to work. There followed two more tetris driving offences, the last one resulting in instant dismissal from a very rewarding sales representative position....

So you see, Tetris isn't the answer. It's just a change of scenery.

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