

WOW

Posted by Dawn - 19 Oct 2014 11:36

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I Almost fell now but thanks g-d i went to my bicycle and ride for 10 minutes then i relaxed

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Re: WOW

Posted by charlie1 - 19 Oct 2014 12:46

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thats great - what I found works also, since when I get an urge then the body releases adrenaline and is like the body is screaming DO SOMETHING!! this adds a sense of urgency and even in my case made me feel nauseous until I acted out. I also found standing on my toes or clenching my leg muscle also works (this can even be done during the Amidah) during a very difficult patch I exercised in the morning before any urge - this certainly helped me.

Also eating healthy 5 meals a day. the 90 days is a challenge - keeping healthy helps to fight stress. and sleep well.

Every day clean is the greatest gift we can give to Hashem - he loves it. we say in Shema Kol Levavahem when display a huge amount of "Love of Hashem" to fight the Yetzer Hara

Keep going to get to 90 is a beautiful feeling

Charlie

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Re: WOW

Posted by dms1234 - 19 Oct 2014 23:12

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WELCOME!!!!!!

Could you tell us more about yourself?

Check out the [GYE Handbook](#) and [Skep's tips](#)

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Re: WOW

Posted by inastruggle - 19 Oct 2014 23:47

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Welcome to gye,

KOP,and KUTGW!

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