

And again....

Posted by helpmeout613 - 18 Apr 2016 14:26

Hi I'm so frustrated I can't stop myself

i think about things I shouldn't all day I feel like such a Baal tavah and its so hard to stop, whenever I walk on the streets and see women I think about them

im going to try 90 days again but I know in the back (or maybe front) of my mind that I probably won't make it

here we go with day 1 wish me luck

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Re: And again....

Posted by markz - 19 Apr 2016 10:56

You're stuck in the middle, when the solution is - Its either all or nothing

EITHER think about them, and daven for each woman in your office, that their family should be healthy, ~~their co-workers shouldn't objectify them~~, they should be able to hold down their stressful jobs, and bring bread home from work for their families...

OR divert your mind from the women, with things similar to the 3 second rule

For more elaboration, please would you be so kind as to hook you vehicle to the "Free Towing" link below

KOT

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Re: And again....

Posted by helpmeout613 - 19 Apr 2016 11:46

Thanks

Where do I find about the 3 second rule

Thanks in advance

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Re: And again....

Posted by markz - 19 Apr 2016 12:15

[helpmeout613 wrote:](#)

Thanks

Where do I find about the 3 second rule

Thanks in advance

See [#3 - Great Towing Links](#)

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Re: And again....

Posted by inastruggle - 19 Apr 2016 16:46

When I need to get rid of thoughts I use the blow it up method

guardyoureyes.com/forum/2-What-Works-for-Me/102639-Blow-it-up#102639

Like everything, it get's easier with practice.

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Re: And again....

Posted by helpmeout613 - 20 Apr 2016 22:29

Hi all day 2 went ok

Am busy in work so no time to think

will keep you updated

thanks for listening

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