























4. I remind myself how all of my davening, learning and mitzvos after will feel horrible and completely disconnected.

5. I think about having to restart my streak count.

(For married people)

6. I imagine how I will feel around my lovely wife after I spend time fantasizing or ogling other womans bodies, while she mistakenly believes I share that aspect exclusively with her. (It's one of the most horrible feelings in the world).

Grant

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