

SUDDEN URGES!!! please help
Posted by Avi6000 - 05 Dec 2009 23:46

i REALLY need help ! im baruch hashem clean in my 6th day thanx to gye. Now im really afraid to get 1 of these sudden urges where im not thinking properly, and i just act out without thinking. i need advice on what to do exactly when i get this sudden urge. please help i really would appreciate it.

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Re: SUDDEN URGES!!! please help
Posted by BecomeHoly - 17 Dec 2009 08:21

Steve, another great post :-)

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Re: SUDDEN URGES!!! please help
Posted by the.guard - 17 Dec 2009 21:12

[Avi6000 wrote on 17 Dec 2009 00:01:](#)

hey

thanx for offering your help... im bh clean in my 17th day but i have a little problem with shmirat enayim i need help in how to deal with that and what exactly to do in a situation like that id really appreciate if u can give me some chizuk on that

Steve awesome post!

Avi, we discussed lots of great tips to shmiras ainayim in chizuk e-mail #658 - "Daily Dose of Dov: Eyeball Upgrade"...

Do you get/read the chizuk e-mails?

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Re: SUDDEN URGES!!! please help
Posted by Avi6000 - 17 Dec 2009 23:30

Wow, steve thank u so much 4 that chizuk i really appreciate it! My main problem was just like u said i always thought if i dont look at this woman then im losing something.. now u gave me the right approach on how to deal with this problem bezrat hashem ill work on what u said Thanx again for being here for me !

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Re: SUDDEN URGES!!! please help
Posted by Avi6000 - 17 Dec 2009 23:32

To guardureyes: Yes i read it every single day on the train !!!

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Re: SUDDEN URGES!!! please help
Posted by the.guard - 18 Dec 2009 11:55

Great! Read [this page](#) also, top to bottom.

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Re: SUDDEN URGES!!! please help
Posted by Holy Yid - 18 Dec 2009 17:40

about making friends just post on any thread, join the conversation. soon you will have friends.

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Re: SUDDEN URGES!!! please help
Posted by Momo - 27 Dec 2009 08:40

YOU ARE SOMEBODY SPECIAL!!!

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Re: SUDDEN URGES!!! please help
Posted by rashkebehag - 31 Jan 2010 18:59

i've said it before and I will say it again, whenever i have an urge i go to the forum and read how people are struggling and that makes me fight as well. I also post because it by helping others I am helped as well

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Re: SUDDEN URGES!!! please help
Posted by imtrying25 - 31 Jan 2010 22:38

[rashkebehag wrote on 31 Jan 2010 18:59:](#)

i've said it before and I will say it again, whenever i have an urge i go to the forum and read how people are struggling and that makes me fight as well. I also post because it by helping others I am helped as well

Ditto!!!

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