

The 3-second Rule

Do you want a quick and effective technique to help you manage the constant onslaught of sexually charged images that bombard you on a daily basis?

It's as easy as 1....2....3!

It's true that we can't always control what shows up before our eyes. Thankfully, we have the ability to decide what we'll do once we're exposed to alluring images and words.

The moment your eyes and mind register something sexually charged, you're less likely to have it affect you negatively if you can turn away within the first **three seconds**. Count to three right now.... one one thousand, two one thousand, three one thousand. It's a lot longer than you think, right?

Use this small window of opportunity to help you protect your sensitive brain from becoming aroused and suddenly slipping down the slope toward danger. Of course, if you've gone looking for alluring images and words, the 3-second rule has already been broken. If you've already planned how you'll view such images, it will be difficult to apply the 3-second rule once you access the pictures.

Remember, you should always try to stop the thought before it cascades into deeper behavior. It's never too late to stop and try again.

Once you apply the 3-second rule, move on to something more productive, look at the ground, keep moving, do anything other than focus on the image. It will be more difficult to linger on the image if you only glimpsed it for a second and turned away.

It may be the most important three seconds of your day.