

bad dreams

Posted by taharah - 18 Jul 2011 12:42

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is there any way to avoid or minimise dreams of obscene images etc? for an addict that is trying to break free these dreams don't leave me alone and are actually a strong trigger when I wake up. I suppose that dreams are showing what I have down in my subconscious but what can I do?

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Re: bad dreams

Posted by shteighecher - 18 Jul 2011 14:17

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You are to do whatever you can when you are in control during the day and Hoshem will take care of you during times when you have less control or no control at all. The YH does not want to lose you, so, he will try to get you during day and night, just fight back when you can.

Tefillah, can help and helps me. Whenever, i go into bed, i beg Hoshem, that i can't control this during sleep and he should help me make this through, because he can stop this, i even tell Hoshem if my sleeping means a bad dream, i would rather prefer to stay up the night, so, please either keep me clean or avoid my sleep.

I'm B"H doing well during the day and night.

This is part of the nisoyen and will get better. Keep on trucking.

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Re: bad dreams

Posted by helpfyi - 18 Jul 2011 20:06

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[taharah wrote on 18 Jul 2011 12:42:](#)

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Try to read in bed before you go to sleep something of torah, i read the book "the light of efraiam" which is about a guy who was an addict, get this book and read it before you go to sleep it might help. Also say the hamapil bracha , if you might talk then say it without the bracha, the tiffilah is about this exactly!

After some time if your guarding your eyes you will stop having those dreams, bec what you don't lust if you don't see. keep strong during the day and don't EVER get depressed over these dreams bec they are there to make you do just that, get depressed so you fall, that's what the YH wants, and don't give him that.

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