

I can unsee something

Posted by Anon903 - 16 Feb 2012 14:12

Chaverim,

I have been doing so well recently,

Bh , hashem has given me the strength to fight off the yetzer for a few weeks.

This morning an unkosher thought/image from a while ago cropped into my head whilst davening (although my mind wasnt wandering, it just appeared)

and i managed to forget about it, but when i came to do mincha it appeared at the same place whilst saying aleinu (probably because my mind remembered that it appeared earlier)

it now has appeared a few times, im fairly sure its the yetzer knows that this image is clearly somewhere in my head and he's mamash knocking on the door now trying to find his way in

I am doing my best and putting all my effort into not letting him in, but do you have any tips on how to try an forget this image/anyway of stopping it appearing when i say aleinu for maariv?

Thanks

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Re: I can unsee something

Posted by Anon903 - 16 Feb 2012 14:12

sorry, title should be " I cant unsee something"

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Re: I can unsee something

Posted by gibbor120 - 16 Feb 2012 16:05

[Anon903 wrote on 16 Feb 2012 14:12:](#)

I am doing my best and putting all my effort into not letting him in, but do you have any tips on how to try and forget this image/anyway of stopping it appearing when i say aleinu for maariv?

Try not to think of green elephants. TRY REALLY REALLY HARD NOT TO THINK OF GREEN ELEFANTS.

Seriously, you can't try **not** to think of something. The best you can do is to actively think of something else.

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Re: I can unsee something

Posted by tehillimzugger - 16 Feb 2012 17:01

[gibbor120 wrote on 16 Feb 2012 16:05:](#)

Try not to think of green elephants. TRY REALLY REALLY HARD NOT TO THINK OF GREEN ELEFANTS.

Hey Anon! in case you're confused, this is what Gibbor means

www.guardyoureyes.org/forum/index.php?topic=3348.msg95093#msg95093

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Re: I can unsee something

Posted by Anon903 - 16 Feb 2012 23:34

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Re: I can unsee something

Posted by tehillimzuger - 17 Feb 2012 09:02

[Anon903 wrote on 16 Feb 2012 23:34:](#)

in order to fully understand that story, you have to read the other GYE novel, Harry's Wife, I
Thanks
don't know where it is off hand but Gibbor probably has a link to it in his "my links" under his
post...

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Re: I can unsee something

Posted by gibbor120 - 17 Feb 2012 15:51

Sure thing:

The story in one (or 2) big posts:

www.guardyoureyes.org/forum/index.php?topic=1120.msg80393#msg80393

The original, including commentary from the peanut gallery:

www.guardyoureyes.org/forum/index.php?topic=1120.msg0

snif sniff we miss you :'(.

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Re: I can unsee something

Posted by DesertLion - 18 Feb 2012 07:13

Hi Anon903,

A guy who studies the Zohar told me that scanning the Zohar and praying to God to erase the porn images from your brain can help.

The link to his website is as follows:
by the artist formerly known as bardichev

dailyzohar.com/

Also, never tried this myself, but I remember one of the guys on the forum saying that pressing your toe hard into the ground when you are having distracting thoughts helps to get rid of them.
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Have a gd weekend and BW,

Chris

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