

How do I deal with impure thoughts?
Posted by GYEmember - 10 Feb 2015 16:40

Hello.

I have been involved with P&M for around 10 years. I am now 22.

My mind often takes regular words that I hear and say, and twists them in my head to be saying something bad.

Does it just take time of being clean to stop having perverse thoughts?

I usually brush away the thoughts, but it bothers me that I have them.

Any thoughts on the matter?

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Re: How do I deal with impure thoughts?
Posted by doingtshuva - 15 Feb 2015 10:23

Gye member

Don't give up, as we know Kol Hatchalot Kashot!!!

I believe that it's a kind of a test Hashem is testing us when we enter recovery, to see how sincere we are.

We all start with a high feeling but after some time it fades, therefore be Mikabel on yourself that no matter how many times you'll fall (I wish you wont fall at all) you are staying with your goal to become Sober and Holy.

Do it for yourself

Do it for your future marriage

Do it for your future family

Do it for your Ruchnies

Do it for your Gashmies

Work on your recovery even if you don't see an award, it takes time and we have to have patients, to make it easier work ONE DAY AT A TIME.

Did you read the the GYE Hanbook?

Try the 90 day chart and display your clean days on the forum, don't be scared if you'll fall and will know about it, we will only give you more Chizuk get rid of the shame.

But on the other hand don't run around and tell everyone about your struggle. Choose the right and honest person to open up too.

Have a great week.

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Re: How do I deal with impure thoughts?
Posted by cordnoy - 15 Feb 2015 17:45

Life is a test.

Life is a gift.

Life is everythin'!

Do it for life!

b'hatzlachah

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Re: How do I deal with impure thoughts?

Posted by cordnoy - 15 Feb 2015 20:30

Dov, Doin' teshuva and others pointed out that some of this discussion was movin' towards b"b section, so we thank Skep for takin' care of this.

Mr. Gyemember, we are still here to discuss the impure thoughts business.

Thanks

b'hatzlachah

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Re: How do I deal with impure thoughts?

Posted by GYEmember - 24 Feb 2015 17:50

It's hard for me to post because one of my new gedarim. One of these gedarim is, bl"n, not using the computer unless someone is coming in and out of the room.

Just explaining why you have not heard from me in a while.

B"H things are going well. I made some new gedarim. Breaking these gedarim obligates me to pay \$25 to tzedaka.

The gedarim are: not using the computer unless someone is around and not bringing my laptop into my room.

I decided that if I masturbate, I need to pay \$25 to tzedaka.

I decided this for until March, then, I plan on reinstating these things or others. I will decide based on this period of time.

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Re: How do I deal with impure thoughts?
Posted by doingtshuva - 24 Feb 2015 22:02

Your doing great,

The "Taphsik Method" can help you with your Shivua, try it out.

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