

Struggling

Posted by UserXyz - 10 Oct 2021 01:25

---

Before I start is like to thank everyone on the forums for giving me a place where I feel comfortable asking these questions.

I've been struggling with Shemiras Enayim for the past few years and mainly going downhill. I think that a lot of the problems come from me thinking of what I've seen previously multiple times during the day. This leads to bad things happening at night.

Here's my questions: How to I ignore/remove the bad thought during the day and how can I keep my mind busy at night?

Thanks again for giving me a place where for the first timei feel comfortable asking about this.

Any additional Chizzuk is greatly appreciated.

=====

Re: Struggling

Posted by Ish MiGrodno - 10 Oct 2021 01:57

---

!??? ??? ???????

?A great starting point would be to read threads from GYE veterans. This forum is replete with priceless stories; not just obscure vertlach about kedusha, but relatable struggles about guys just like me and you. You will identify with - not only the victories and defeats - but also with the raw and unfiltered feelings of loneliness and dejection; happiness and pride, etc.

I believe that this place has ??????'s undivided attention; it produces Yiddishe heroes and gems of people.

Stay tight and happy you joined our chevra.

?With warmest welcomes and feelings of brotherhood from Grodno ~ IMG

=====

=====

Re: Struggling

Posted by UserXyz - 10 Oct 2021 02:31

---

Thank you. It's nice to know that I'm not alone in this fight.

=====

=====