

Thinking about women

Posted by yankyneu - 19 Jan 2025 03:45

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I can't stop thinking about women and contemplating sexual relationships. I really want to look at porn

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Re: Thinking about women

Posted by vehkam - 19 Jan 2025 03:51

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[yankyneu wrote on 19 Jan 2025 03:45:](#)

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Do you have any other interests?

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Re: Thinking about women

Posted by yitzchokm - 19 Jan 2025 04:13

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Vehkam was probably referring to the distract tool in the toolbox. In other words, when you have a desire for porn or you start thinking about women find something else you can do instead that is readily available and that you enjoy doing. You can read more about this and other tools in the toolbox.

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Re: Thinking about women

Posted by altehmirrerr - 19 Jan 2025 19:01

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[yankyneu wrote on 19 Jan 2025 03:45:](#)

I can't stop thinking about women and contemplating sexual relationships. I really want to look at porn

Welcome! The curious mirror wants to know what else is going on by r' yanky? limoshol are you only struggling with these thoughts? are you clean otherwise? are you married? l'choirah it might help to have a little bit of the bigger picture, in order to understand where to focus on, kol hotoiv!

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Re: Thinking about women

Posted by kvsk - 23 Jan 2025 19:20

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I've had the same problem for very long time. I always spent a lot of time with my fantasies. Now I've been 3 weeks without doing it and I can easily let go of those thoughts. It will get easier with time. The more you think about something the more power you give to those thoughts. It's actually very simple, every time you get a sexual thought just let it be but don't focus on it. Also think about how you feel after you've watched porn and think how would you feel if stay away from it. Just let go of focusing on your sexual thoughts and remember you don't lose anything.

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