

Asking for Help

Posted by Othniel - 10 Jun 2013 04:12

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I've learned many strategies for breaking free, but haven't committed to any. I've tried different ones. I'm not sure what works for me, I guess. I can go long periods without falling, but these thoughts keep popping up in my head that chip away at me. That along with images/women I see even if I don't stare, but turn away. I keep seeing them and they keep chopping away at me. It's like I'm trying to out run my mind.

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Re: Asking for Help

Posted by Machshovo Tova - 10 Jun 2013 17:48

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We will not be charged for thoughts that pop into our minds or for images we see unwillingly. We will however be judged on how we reacted to them. Did we take a second look? Did we chew it over in our minds? That is our avodah in this lowly world - to navigate our way through this maze and not to follow blindly into the paths that lead away from our goal.

Hatzlacha

MT

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Re: Asking for Help

Posted by gibbor120 - 10 Jun 2013 18:28

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Hi Othniel, become as busy as you can with positive things. The fantasies will be less frequent when you have something positive to think about. It's something we all struggle with. Hopefully, over time, the struggles become easier and less frequent.

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