

Trying to fight but being hit with impure thoughts

Posted by GH05T - 06 Jun 2016 05:08

I try to fight off the challenge and am successful most of the time but I have bad thoughts throughout the day that try to bring me back in to sin. I fight those of too most of the time B'H but when the thought(s) go away, I remember that it's gone and it comes back and the cycle restarts. What can I do to help get these thoughts off my mind especially if it's a particular thought? I know Torah is the cure. Any extras to assist in the battle?

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Re: Trying to fight but being hit with impure thoughts

Posted by markz - 06 Jun 2016 11:47

WELCOME BR0T|-|£R.

Come on Trucking!!

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Re: Trying to fight but being hit with impure thoughts

Posted by rebyid31 - 06 Jun 2016 12:40

welcome

you came to the right place

it has helped me tons to be with others struggling and working on ourselves together i feel great!!

dont you worry the guys here will make a mentch out of you....

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Re: Trying to fight but being hit with impure thoughts

Posted by shmiraachaim - 06 Jun 2016 12:55

Welcome Ghost!(nice name)

i feel your pain as I have suffered with that for a while. I think it's kidei to read the whole GYE handbook. Check out principle 11 specifically.

Keep posting.

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Re: Trying to fight but being hit with impure thoughts
Posted by Eyeglasses - 06 Jun 2016 16:39

You can train your brain to stop thinking of a certain thought.

It's kind of telling your brain 'hey stop'

Might sound impossible, but it is indeed possible.

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Re: Trying to fight but being hit with impure thoughts
Posted by mggsbms - 06 Jun 2016 17:41

Are you sure ?

It's like I'm telling you not to think of a big elephant just for one min. Try it.

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Re: Trying to fight but being hit with impure thoughts
Posted by Eyeglasses - 06 Jun 2016 18:25

I'm referring to particular thoughts (as he wrote)

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Re: Trying to fight but being hit with impure thoughts
Posted by mggsbms - 06 Jun 2016 18:38

[Eyeglasses wrote on 06 Jun 2016 18:25:](#)

I'm referring to particular thoughts (as he wrote)

I don't think it's very practical to fight off thoughts it just makes the problem bigger a lot of times.

Another way is to the contrary not to fight it and realize that they are only thoughts. Let them come and go at will. They may dissipate. You don't have to delve into the thoughts even though they are there.

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Re: Trying to fight but being hit with impure thoughts
Posted by yiraishamaim - 06 Jun 2016 20:07

Hi

This issue is a classic one that we have all dealt/deal with.

Don't be overly uptight and anxious about the issue. When the thought comes your way sort of blow it away, firmly but without facial grimaces and *grosse kavanos*. Soft but steady.

Fill your mind with a Torah thought- it need not be a Rabbi Akiva Eiger necessarily, any thought that you enjoy thinking about. If not *bedee-eved* a dvar reshus like sports

Daven for help during shmonme esrei. In the same way. Smile and say to Hashem you who are the source of all bracha please take this away. Again, no overly facial grimaces that make you look in some kind of pain.

This to me at least is crucial -I find the heavy anxious way of Tefillah and overall attitude to be only counterproductive.

Believe he will help you - you are sincerely reaching out, of course he will.

Hatzlacha!

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Re: Trying to fight but being hit with impure thoughts
Posted by GH05T - 06 Jun 2016 22:08

I tried all the suggestions. I ask Hashem multiple times throughout the day but the thought(s) keeps advancing. I try to avoid the thoughts by imagining in my mind the image popping up and I just walk right around it to avoid battling it head on. That works for a while but then my Yetzer hara starts to catch on and makes that method seem useless in my mind. The constant build

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Re: Trying to fight but being hit with impure thoughts
Posted by GH05T - 07 Jun 2016 00:04

Guys I feel like a fool for this and I knew I would but the urges were too much and caused me to stumble. What can I do from here on out that will make me be a real Eved Hashem and stay on the path of life not death?!?!?! Please help me I'm TIRED of all this nonsense and I want to be a REAL Ba'al Teshuva! I want my ties to Hashem to be unbreakable! I just can't take the Yetzer Hara's control over my actions anymore. I want to be the one who decides the actions not the other way around. I want those actions to be circled around good middot and Torah and serving Hashem not around bad thoughts and looking up bad material. PLEASE HELP ME TO BECOME A REAL FRIEND, SERVANT, AND CHILD OF HASHEM!

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Re: Trying to fight but being hit with impure thoughts
Posted by markz - 07 Jun 2016 00:22

Ghost I love you and I really feel your pain

GYE has a track record of 100% success, if you are willing to go the extra Mile

KEEP ON TRUCKING!!!!

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Re: Trying to fight but being hit with impure thoughts

Posted by GH05T - 07 Jun 2016 00:24

What do you mean by go the extra mile?

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Re: Trying to fight but being hit with impure thoughts

Posted by yiraishamaim - 07 Jun 2016 00:25

GH05T wrote:

"Guys I feel like a fool for this and I knew I would but the urges were too much and caused me to stumble."

I feel for you my friend. Been in the mud more times than I'd like to remember.

Let me ask you

Sometimes when we are starting on the road to clean living/sobriety we expect to fail. As we are trying to cope and change we sort of even anticipate and may I say almost welcome what we feel is the inevitable familiar rush: the build-up of tension/lust so we say to ourselves here we go again- another acting out. When that happens I ask myself: Did I really hit rock bottom? Am I really sick and tired to the depths of my soul that I will do anything and I mean anything to live free of this affliction? Is it truly clear to me that a life as a slave to this illness is really no life at all!!

That I yearn but truly yearn to be sober like the other guys who are in recovery even though they have come from the same land of the darkness.

If so, you can really find help and accomplish here. Keep on posting. Allow the guys to get to know you better.

Connect with an experienced mentor - like a cordnoy or certainly Dov.

Just be willing to listen and tow the line according to the ways that have proven to lead to

success.

Your life will eventually be so sweet and meaningful.

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Re: Trying to fight but being hit with impure thoughts

Posted by GH05T - 07 Jun 2016 00:30

Ok but do you have any suggestions of what I can do right now to at least push me frather away from all the impurities and closer to Hashem and the Torah?

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