

Trying to fight but being hit with impure thoughts

Posted by GH05T - 06 Jun 2016 05:08

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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 Rightkedusha - 07 Jun 2016 03:02

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Hi welcome to GYE,

We all struggle with shmiras einayim and impure machshuves. And we all want to be close to Hashem. One simple thing I found out during my recovery is that we tend to use the pleasure of sex and sexual related activities to escape the real world. These "falls" are our drug for something that we don't know how to handle in real life. Try to figure out what feeling is causing you to have these thoughts, and try to figure out how you can deal with the issue in a better way.

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Re: Trying to fight but being hit with impure thoughts

Posted by BenTorah.BaalHabayis - 07 Jun 2016 04:22

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Welcome GHOST!

?I find that the primary tool I have for dealing with inappropriate thoughts specifically is Shmiras Einayim. I don't mean to be cliché, but my experience is that these type of thoughts thrive on mental images which are fueled by what I see in the street. Although unfortunately I've seen plenty of bad stuff, both in the street and online, images do fade and become less vivid overtime. This in turn makes inappropriate thoughts less of a problem. So the better Shmiras Einayim is, the easier Shmiras Machshava will be.

L'maaseh, this is not my chiddush. Chazal have taught us - first "Ha'Ayin Roeh" and then "HaLev Chomed".

Hatzlacha!

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Re: Trying to fight but being hit with impure thoughts  
Posted by markz - 07 Jun 2016 04:27

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But "velo sasuru after your heart" precedes "your eyes", and by me it's reality

See more [here](#)

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Re: Trying to fight but being hit with impure thoughts  
Posted by inastruggle - 10 Jun 2016 17:37

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I find the [blow it up method](#) helpful.

Once you're clean for a while the thoughts aren't as fresh in your mind and become easier to deal with.

It takes practice to get good at it.

Just don't give up, because it's possible to get there and it's worth it.

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