Blow it up...
Posted by TheJester - 30 Mar 2011 18:31

_____

I joined to mention one trick that worked for me - years before this site was even thought of. I struggled through some very real issues, which seriously affected real people as well as myself. Communities were not as understanding, these issues were not openly discussed, and problems were often brushed under the carpet.

I was caught out when quite young, and was offered a lifeline - counseling. Even during these sessions, I was not open and honest - I left out the fact that I had been abused, for example. I was, and remain, an extremely private individual. This inhibited my scope for outside help, **which is not a good thing**.

Nevertheless, I developed my own coping mechanism - perhaps this trick worked for me as a teenager, but would not work for more mature minds. If it helps anyone, then I am happy.

I had urges - terrible urges. Urges that affected others, as well as myself. Even after I consciously determined to cease these activities, **I found thoughts entering my mind**. **My response was to visualize an explosion, blowing the thoughts up.** The reason for this is that the thoughts would invade any other "clean" thought that I could envisage. They would violently attack the clean space that I tried to form. I responded with violence (I am emphatically not, nor have I ever been, even mildly violent or physically agressive) - blowing up those unclean images.

This did not always work - the images would reinvade the now vacant space left in my mind. I then set off "cluster explosions", which would deal with all the little bits and pieces that remained. This could go on for a while at the beginning (I can still picture myself walking down a street, stopping and closing my eyes for thirty seconds until I had blown up the fragments), but over time the "immediate reinvasion phenomenon" subsided. This is a stratagem that I continue to use.

I believe that the effectiveness of this is due to avoidance of a common mistake - dwelling on the symptom, and ignoring the problem. Dwelling on the symptom, in my observation, causes either guilt or fascination - this said "go away, I will not even acknowledge you other than to remove you" - I then moved on with whatever I was doing. Each time I felt that there were no lingering particles, I would silently thank Hashem for the fortitude he had given me. I see this as important, since it put a small positive thought in the empty space left.

This helped with the symptom of thought. Speech and deed followed to an extent - the most unhealthy actions ceased immediately - I was treating this as a separate problem to other things, such as self-fulfillment, which I dealt with in my own "90 clean days" manner - I challenged myself to "not do it", with time-goals. Starving the Yetzer Hora managed to make mine weaker, not hungrier.

This might not work for everyone, and should probably not be seen as a stand-alone substitute for better documented and more widely used methods. This method worked for me, however, to keep the thoughts and intention to perform horrific acts at bay, which in turn gave me no opportunity to repeat any actions. If this works for even one person, once, then I have not wasted my time in posting.

==
====

Re: Blow it up...
Posted by khoskor - 04 Aug 2011 19:45

_____

Yo Yoss! Im an 18 year old and i just started doing that technique like yesterday and its been working miracles. Love you bro, thanks for spreading the word. Hatzlacha

==
====

Re: Blow it up...
Posted by skeptical - 15 Feb 2013 19:54

_____

Very interesting. I haven't tried this technique but I could see why it work.

If you keep telling yourself not to think about something, by default you're going to be thinking about it. So how do you get yourself to stop thinking about something? By thinking about something else! You can't think two separate thoughts simultaneously.

I think this is why some people have found success with this approach. As soon as undesirable thought pops into mind, that thought is instantly covered over with visions of explosions. After

some time of doing this, the thoughts lessen in how frequently they come back because they're not being acknowledged.

==
====

Re: Blow it up...
Posted by inastruggle - 15 Feb 2013 22:24
_____

this technique sounds useful (and a little fun). maybe partly because by using it your "getting revenge" on the thoughts.

==
====

Re: Blow it up...
Posted by Mesayin - 08 Oct 2015 20:22
_____

I dont get it what is "Blow it up"? how does it work? what do I have to do?

==
====

Re: Blow it up...
Posted by skeptical - 09 Oct 2015 20:26
thanks
_____

As soon as you have an inappropriate thought, you imagine blowing it up with a big explosion!

==
====

Re: Blow it up...
Posted by markz - 11 Oct 2015 00:22
_____

skeptical wrote**:**

As soon as you have an inappropriate thought, you imagine blowing it up with a big explosion!

_____

Interesting... I just was tellin waydown that imagination is a major vehicle of lust. So if we can utilize our imagination to make big explosions, lets do it.

Any of us that has already trucked a bunch of miles, next time a dirty thought gets to your head, imagine one of your tires about to explode...

Or say the heilege word "KOT"

(???? ????? Your tire is almost K.Ol Tuv)

==
====

Re: Blow it up...
Posted by Mesayin - 12 Oct 2015 13:50

_____

[skeptical wrote](#)**:**

As soon as you have an inappropriate thought, you imagine blowing it up with a big explosion! Oh ok I dont know why it works exactly but I'll try it.

Thanks

==
====