

controlling thoughts!!! Could we???

Posted by ireallycan - 13 Jul 2014 19:07

I had a real strong urge to act out today in the morning! I was in middle of davening and i wasnt so focused and the lust from the before(before joining gye) came flying in. I felt like such a lowlife thinking these thoughts with my teffilin on. I did then realize as i have seen so many times on gye that lust isnt like breathing! I look at it like a cloud passing by. A thought isnt reality and I dont have to buy into it! I had peace and quiet for a nice few days and the lust is really jumping in again. Please daven for me, I am not in control. I give my lust and thoughts over to Hashem.

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Re: controlling thoughts!!! Could we???

Posted by ireallycan - 13 Jul 2014 19:12

For any chizuk or comments please find my phone number on the Phone Partner program and call (or PM me for it). I dont have easy access to internet.

Yehuda:)

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Re: controlling thoughts!!! Could we???

Posted by unanumun - 13 Jul 2014 22:40

can you identify anything else that has been changing in your life or mindframe that might have brought the lust back?

If you can identify something it may give you a clue as to what you can do to help keep the thoughts from coming back

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Re: controlling thoughts!!! Could we???

Posted by ashbalt - 26 Oct 2014 11:23

If this happens at night, I would suggest to take an quick and extremely cold shower to knock it

GYE - Guard Your Eyes

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off. If this is during the day and a shower would not work out, then definitely call someone and let them know your situation. I don't know if this would work for you but it certainly works for me. Or, if you're into Chassidus, then you should open up a Tanya and read chapters: 27, 28, 29. The Alter Rebbe explains feelings so nicely and beautifully, it seems like he's talking to you. And you should get a Tanya with explanation, cause that would be a waste without it. He makes you feel ashamed (that's what Chassidus wants from a person).

Hopes this helps and good luck.

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