fantasizing
Posted by Chazak Amenu - 28 Feb 2010 02:59

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when i begin to fantasize i shake my head around and think about something i like, for me it's basketball. depending on what you like you can try thinking about something troubling you in a gemmara or a science problem. i hope this helps good luck!

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Re: fantasizing
Posted by silentbattle - 01 Mar 2010 15:24

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Absolutely - and like you pointed out, it's good to have a few things ready to think about, for whenever you need them!

Thanks!

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Re: fantasizing
Posted by the.guard - 01 Mar 2010 23:28

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www.guardureyes.com/GUE/FAQ/FAQ15.asp

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Re: fantasizing
Posted by trying123 - 02 Mar 2010 01:39

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From my personal experience I found that if you feel too much guilt or get upset with your self for having a thought it will be harder to avoid...

You gotta realize that it's not your fault and you don't always have control over which thoughts come in...

Also if you try too hard to get rid of a thought it will not go away...

You have to just let it be, and try to get into other things; it will thus automatically be replaced...

There was someone who was obsessive about se'ual thoughts... When he asked R' Pinchos Sheinberg how to get rid of it, R' Sheinberg said the following:

"You know I also get thoughts that I don't like but what happens is that it comes in from one end of my head and floats out the other... But by you, you get so caught up with it that it can't float out...."

In a certain sense you have to be ok with the fact that the thought came in... Otherwise you"ll get too caught up with it...

The key is acceptance and distraction

Just one small guys thoughts on the matter...

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Re: fantasizing
Posted by Chazak Amenu - 02 Mar 2010 03:13
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the tips the website gives says to think of the person you are fantasizing aboutdoing something gross like passing gas etc. but another thing you shoul do is think about all the thing that are wrong with it like pregnancy, someone finding out and many other possibilities and go over the conversation in yours head you will end up stopping because you realize how little chance there is of it actually happening.

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