

Rough day

Posted by eli613 - 03 Jun 2018 20:17

Dear GYE Members,

I am having a harder day than usual today. I woke up this morning and I couldn't get s*xual thoughts out of my head. I started listening to something else on youtube to distract my mind, but now my Yetzer Harah is getting more clever and trying to come up with different ideas that can bring me to do something that can bring me down. It's Sunday and I am looking for a way to relax and do something exciting, everything that I think of is tied to something with lust in the back of my mind. Let me try to explain, like, maybe I should go rent a bike and go biking somewhere, but even that is tied in the back of my mind to the opportunity of being able to check out women. Until, I know my intentions are pure, it's probably better for me to stay at home and sit on the couch.

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Re: Rough day

Posted by lifebound - 03 Jun 2018 21:13

Sorry to hear. Hope it gets easier. Do you have someone you can reach out to maybe and call on the phone?

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Re: Rough day

Posted by Changing - 03 Jun 2018 23:01

Hang in there! Everybody is different but for me sitting on the couch leads to alot worse things than checking out women.... So if it were me I would get out of there as soon as possible, But again you may be different:)

Whatever you do, hatzlocho in staying clean! We are here for you!

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Re: Rough day

Posted by WannabeFree - 04 Jun 2018 07:48

I'm not sure that YouTube is the correct type of distraction either. For me getting submerged in a good (clean) book works. Or maybe a Sefer instead; Im paga becha menuval zeh, moshchehu lbeis hamedrash. Also coming on the GYE site, going through other peoples struggles and reading articles can also help me. Hope you're managing!

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