

Dirty Dreams

Posted by Mordekai - 01 May 2022 19:06

Whenever I try and get a decent streak going, I tend to have vivid erotic dreams that are difficult to take my mind from and contribute to me slipping. Usually happens around the one week mark. Anybody got any suggestions besides sleeping pills?

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Re: Dirty Dreams

Posted by Vehkam - 01 May 2022 20:59

Definitely prepare yourself with some motivational material that will make you feel like you have accomplished when you decide not to pursue those dreams during the day.

When these images and dreams come into your mind you can recognize that they are not intentional and move on from them. when you do that, you are performing an act of greatness. You should recognize that and feel exhilarated.

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Re: Dirty Dreams

Posted by Mordekai - 02 May 2022 12:37

Thank you for your reply. Could you please give me an example of motivational material?

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Re: Dirty Dreams

Posted by Vehkam - 02 May 2022 13:59

I use the book "The battle of the generation" by Hillel S. Available on Amazon (if you message me I can also get you a free physical copy). It is also available as a pdf download on GYE the link is in Captain's signature.

there are also speeches from Rabbi Shafier that people find very helpful. If you poke around the gye site you will find a number of resources. Find one that speaks to you and then use it regularly.

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