

Evil Thoughts

Posted by hht - 04 Apr 2012 07:18

I have allot of trouble with controlling thoughts, which, through a build-up leads to falls, as it just did now i.e. the more thoughts the bigger the lust gets until it is seemingly unbearable.

Please help.

=====

Re: Evil Thoughts

Posted by Eye.nonymous - 04 Apr 2012 07:41

Hell HHT. Welcome to the forum.

Here's a link with lots of ideas for getting started in this struggle:

www.guardyoureyes.com/breakingfree/first-time-here

Make sure and download the GYE handbook and go through it.

What's your story?

Good luck, and keep on posting!

--Elyah

=====

Re: Evil Thoughts

Posted by DesertLion - 04 Apr 2012 16:57

What I do is to phone a friend, get out of isolation and get busy doing things I either enjoy or need to be doing.

If it's at night and I'm literally on fire with lust, then I get up and either start posting on the forum or play some computer game. Anything is better than falling.

Hope that helps!

=====
=====

Re: Evil Thoughts

Posted by alexeliezer - 04 Apr 2012 17:26

Welcome.

Totally relate to the evil thoughts. These were by far my biggest challenge.

Please see my very first post on GYE for how I dealt with them:

www.guardyoureyes.org/forum/index.php?topic=3744.msg102784#msg102784

=====
=====