

**GYE - Guard Your Eyes**

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Evil Thoughts

Posted by hht - 04 Apr 2012 07:18

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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.

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Re: Evil Thoughts

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

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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](http://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

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Re: Evil Thoughts

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Posted by DesertLion - 04 Apr 2012 16:57

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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!

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Re: Evil Thoughts

Posted by alexeliezer - 04 Apr 2012 17:26

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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](http://www.guardyoureyes.org/forum/index.php?topic=3744.msg102784#msg102784)

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