

Huge slip.

Posted by R76 - 27 Mar 2014 07:13

In October '13 I have cleared the whole collection of magazines and videos I had since '05. Unfortunately, there is a backup collection within my brain. During the last few days I have been watching many videos in that collection.

What should I do? If I did not weaken my drive by licorice root and Valerian root, I would have fallen by now.

=====
=====

Re: Huge slip.

Posted by mr.clean - 27 Mar 2014 08:42

It takes time u can't just undo 8 years of porn with the snap of a laptop, the goal now is to keep from things that trigger memories and to have a backup plan in case they do come maybe make up with urself that when the thoughts come u'll think only of baseball or wtvr but its Def not magic although kudos on the hard first step its awesome that u were able to do that keep it up!

=====
=====

Re: Huge slip.

Posted by thatguyoverthere - 31 Mar 2014 09:35

What I do is that I try to keep a stock of interesting thoughts to go back to and ponder on, to remove those images. Whatever interests and engages you. For me it's politics, economy, philosophy and religion, as well as "I wonder what's gonna happen next in that book I'm reading".

Also imagining an explosion that blows away the unclean images is surprisingly helpful. I've heard others using the image of a brick wall falling down on it.

=====
=====

Re: Huge slip.

Posted by unanumun - 31 Mar 2014 21:50

i was told by a big tzaddik that mishnayos baal peh helps to knock out the old stuff. he had a whole mehalech that i don't remember as to how it helps al pi sod. i can try to recall it if you want. as for myself i do find that when i am focusing on mishnayos baal peh things are different. my only problem is that the same things that cause me to slip back into p and m are the same things that causes me to slip from mishnayos baal peh, but at least when i am up, the images stay away more or less. (although i am new here and if I haven't really figured out what is my problem i can't really say what helps me)

=====
=====

Re: Huge slip.
Posted by R76 - 01 Apr 2014 02:07

Thanks. I can always think about aircraft engines -- that is my hobby.

=====
=====

Re: Huge slip.
Posted by unanumun - 01 Apr 2014 02:38

hope it works.

=====
=====

Re: Huge slip.
Posted by melost - 04 Apr 2014 13:42

surrender it to G-D give it away to him completely we cant do it ourselves I have tried that my whole life and it didn't work .a prayer that helps G-D grant me the serenity to accept the things I cannot change courage to change the things I can and the wisdom to know the difference your will not mine be done

=====
=====

Re: Huge slip.

Posted by R76 - 10 Apr 2014 03:58

You are right -- I do not know if G-d will help me given that I am deep into sin and only partially observant. Somehow I like solving my problems with medicine -- antidepressants and anaphrodisiacs -- licorice root decreases the drive and I have heard menthol does as well.

But nothing can happen without G-d's will.

=====
=====