

Image in my head!

Posted by lledlled - 21 Aug 2014 09:19

---

Hi, i have a question, i dont know if it is the right place to ask so if not let me know where..

Here it goes.

I had a picture of my ex-girlfriend( which i loved deeply) ( before i made teshuba) naked, i deleted all pictures of her from my computer, but i cannot get it out of my mind, its killing me!

I dont know what to do, and every time i remember her that picture comes to mind and my lust fires up, i cant get her out of my mind!!!

=====

Re: Image in my head!

Posted by cordnoy - 21 Aug 2014 16:30

---

Sure it is!

Welcome aboard.

This is a common question; one many of us have dealt with....myself included.

We have hard drives stored in our head, all sorts of images and scenes and etc.

This gets better in recovery.

there is no 'defrag' button that magically removes these images.

Time, patience and effort, and some prayin' as well.

Let us know where you're holdin' and keep us posted please.

b'hatzlachah

=====  
=====

Re: Image in my head!

Posted by gibbor120 - 21 Aug 2014 20:18

---

I don't remember welcomeming you - so WELCOME!

Take recovery actions. Don't worry about the details.

Be busy with other stuff, call a friend, go excercise etc., build a sukkah - it's never too early

=====  
=====

Re: Image in my head!

Posted by dms1234 - 21 Aug 2014 20:20

---

WELCOME!!!!

Yup those images are there and they won't go away immediately. In the meantime (and what helps them go away) is to simply ignore them. Yes, that also takes practise and won't happen right away, but try changing the subject

check out: [Skep's tips](#)

=====  
=====

====

Re: Image in my head!  
Posted by Bigmoish - 21 Aug 2014 20:31

---

Welcome!

Please keep posting with updates how things progress.

I think many of us experience the same or similar issues and we all have what to learn from each other's experiences.

=====  
====

Re: Image in my head!  
Posted by shomer bro - 21 Aug 2014 21:12

---

I find that that's one of my hardest nisyonos to deal with because it can be wherever I am. I've found that it takes time, but when images pop up in my mind to try to shift my focus elsewhere- to mentally "change the channel".

=====  
====

Re: Image in my head!  
Posted by lledlled - 21 Aug 2014 21:35

---

thanks for the warm welcoming and all the answers,

i really appreciate this site very much, knowing i am not alone gives me jizuk,

may god bless you all!!

=====  
=====

Re: Image in my head!  
Posted by cordnoy - 08 Dec 2015 00:20

---

[cordnoy wrote:](#)

Sure it is!

Welcome aboard.

This is a common question; one many of us have dealt with....myself included.

We have hard drives stored in our head, all sorts of images and scenes and etc.

This gets better in recovery.

there is no 'defrag' button that magically removes these images.

Time, patience and effort, and some prayin' as well.

Let us know where you're holdin' and keep us posted please.

b'hatzlachah

I never would have think it, but those images are becomin' more and more difficult to restore.

=====  
=====