

Triggers

Posted by mepop - 30 Apr 2015 02:41

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I was just driving home tonight, with the radio news on, and as part of some news clip they play the intro music to some well known movie series from 15 years ago. Now, I haven't seen a movie (not counting any internet pornography) in a long time, and certainly not this one. It was amazing, with that short 3 seconds of hearing that music my mind jumps to the one particular scene from that movie with a scantily dressed woman and the urge starts kicking in. I'm sure we all know that feeling, and even how it feels when it just starts. I tell myself to start thinking about something else, but it's not so easy once it begins. Anyone else have these moments? Any advice on what works? - besides maybe a good kick in pants.

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Re: Triggers

Posted by yiraishamaim - 30 Apr 2015 04:18

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what goes into the mind never entirely goes away. However if we stop watching P\_\_\_\_\_ and greatly limit our senses exposure to shmutz these pop ups do come up a lot less often.

As soon as I sense something I immediately blow it out of my mind.

We know all too well that it's the little things that grow into big ones.

NIP THEM IN THE BUD

We work on the fundamentals, like our relationship to Hashem- 12 steps - as well we do our best to avoid known triggers- and if and when the triggers show up anyway we push them away. I suggest the push be deliberate and firm but no great drama.

Hatzlocho

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Re: Triggers

Posted by stillgoing - 30 Apr 2015 17:01

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Anyone who tried **not** thinking about the color black knows that they will think about it even more. (See, you just thought of **BLACK!**)

Something that worked for me, was to prepare a list of neutral topics (I know, that could be hard sometimes) that interests you (eg, cars, wars, I don't know - anything!) to switch to when I need a brain flush. When there is nothing but my brain turning me on, no pics-people-music, then it really works to flush the brain and start with a clean (or at least not dirty) mind.

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Re: Triggers

Posted by yiraishamaim - 30 Apr 2015 17:56

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never said tried not thinking about something - realize you are on the wrong track -PUSH it deliberately away - and of course occupy yourself with something more important

If you say to your self I'm not thinking about a certain topic then you are occupying yourself with it. there is a clear chilik

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Re: Triggers

Posted by mepop - 30 Apr 2015 18:44

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I once read a book on pornography additions by a fellow named Collins who as a recovery currently work as a therapist helping others dealing with this addiction. He related a story where one of his clients, after some success in controlling his urges for a little while, in a frenzy. The client told him that he's really distraught, because he is hit by such a strong urge right now. What had happened? As the client and been driving down the road, he noticed a pornographic magazine lying in the gutter or the side of the road, which had triggered a full attack. As Collins puts it, only an addict would notice a magazine thrown out stuffed in the street. Obviously if we spend the whole day repeating in our heads "I'm not thinking about it...I'm not thinking about it" we have reached a self defeating stage. I'm just pointing out that as an addict, I truly find that the strangest even remote things can be triggers. We have to be prepared. The gemara says a women should not put out her clothes to dry in public, because someone might see them and come to have promiscuous thoughts about her. I once heard someone make the following point:

the chazal tell us that techeiles is blue because it is to remind us of the ocean, which in turn should remind us of the sky, which in turn should remind us of the kessei ha'kavod. People wonder, wow isn't that a little far fetched? All those steps? Kinda interesting that nobody ever questions the gemara about women's clothes. It all depends on where our brains are trained to connect dots to.

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