

Which way

Posted by Clearmymind - 14 Aug 2014 16:28

Hi I've been struggling for a long time with what I watch and acting out. I've had many clean months over the years and that works for a while but the real issue is my mind, I need to clear my mind I feel like my mind is being controlled and taken away from me its busy all the time and I'm not able to think strait (always having sexual thoughts). Please someone direct me and help me clear my mind. Thanks

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Re: Which way

Posted by Bigmoish - 14 Aug 2014 18:51

Welcome!

I can really relate to that feeling. Tell us a little more about your struggle (if you're comfortable) and I'm sure you'll get lots of tips. Breaking out of isolation is key, though, so make sure to

KOP! (keep on posting)

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Re: Which way

Posted by cordnoy - 14 Aug 2014 20:47

Welcome

I know the feelin'.

That takes a long time.

After bein' clean for a while, some of it goes away.

I used to have a habit to begin Shemoneh Esrei with a sexual scene.

The white book would say that lust was my God.

What that means I'm not sure, but it wasn't good.

I now make it thru S"E w/o a sexual thought.

Most of my day as well.

Work on recovery first; the mind will come along for the ride.

b'hatzlachah

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Re: Which way

Posted by shomer bro - 14 Aug 2014 21:16

We all have the filth that's built up over time. I don't think it ever really goes away completely. I think that with time we learn not to focus on these thoughts when they pop up in our minds. With time they'll fade away, but always be aware to be on the lookout for recurrences. When a bad image come up, I try to steer my thoughts to something else. Sort of like mentally "changing the channel". Saying a perek of tehillim or a mishna b'al pe also helps to redirect my thoughts.

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Re: Which way

Posted by Pidaini - 16 Aug 2014 01:10

Welcome Clearmymind!!

I relate very well to the desire to have a clear mind, not to be bothered by the desires. I have learned though that I can be happy and sane even though I have the desires! You can also!!

Don't be a stranger, we're all in the same boat, learning how to live the life that we have to it's fullest, join us!! Share about your struggles, what you have tried, etc.

and KOMT!!

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Re: Which way

Posted by dms1234 - 16 Aug 2014 01:36

WELCOME!!

progress, progress, progress + patience, patience, patience=clearer mind

Now the question is HOW WILL YOU GAIN A CLEARER MIND???? oops, sorry i got excited.
What steps do you think you can do to clear your mind?

Check out [Skep's tips](#)

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Re: Which way

Posted by gibbor120 - 18 Aug 2014 21:01

Welcome. Keep posting and reading. We're all in the same boat. Many have been helped here. You can too.

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