

The power of thought

Posted by supremeone - 17 Jul 2016 10:44

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Hi,

I have never written anything like this, but i do so in the hope that someone else has the same problem.

My problem is no longer the internet (at lease not so much anymore). I have filters. My problem now is my memory, which is pretty good for remembering film. I can remember nearly every movie and tv show i watch as well as pornographic material. I could be by myself with no screens (i dont have a smartphone) and still these things plague me. I fell into these images when i was young and did not know any better, now i am older (21) and want to leave it behind. The shulchan aruch says that the sin i commit makes me a murderer, but what tortures me the most now is i am destroying my soul, its not something i just say its something i know and i feel.

Any advice?

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Re: The power of thought

Posted by ben durdayah - 17 Jul 2016 10:51

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There is plenty of good advice available here.

Peruse the menus on the opening page.

As far as your main problem being your memories of things you have seen in the past, you are far from alone. Some of us don't need the memories, our minds are capable of conjuring up totally original images and fantasies.

Look around at the tools available here.

Much Hatzlachah

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Re: The power of thought  
Posted by Markz - 17 Jul 2016 11:58

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Welcome!

I wish you well on your sojourn at SupremeOneDayAtATrucking

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