

getting the urge OUT of your head.... the thread.

Posted by Shteeble - 11 Oct 2010 14:43

Welcome to the GETTING THE URGE OUT OF YOUR HEAD thread.

Purpose of this thread:

Provide all GYE members with a large array of tricks and tactics to sidestep, forget, and in general overcome THE URGE.

THE URGE a definition:

The urge is defined as the feeling that I want (for whatever reason) to be mZ"l r"l right now.

The urge can come on from natural body function, hirhurim, addiction, depression, worry, sadness or a million other things. What's important to realize is that an urge is an urge no matter where it comes from.

You can push it away, and it might come back again a few minutes later. It can come back fifty times in the course of the day. Each time you push it away is a separate victorious battle.

Each time is a DIFFICULT battle.

Rules for posting:

Please post all good ideas that you use when confronted with A STRONG urge.

Please do not post jokes on this thread. Please do not use this thread for conversations with your friends at GYE. Please stick to the subject. Let's keep it as readable as possible.

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Re: getting the urge OUT of your head.... the thread.
Posted by TheJester - 14 Apr 2011 11:21

[dov wrote on 12 Apr 2011 21:27:](#)

My favorite tool for getting the thoughts out of my head is ignoring them. I have discovered that I really am the ba'al habos of my head...sometimes.

Dov, you are beautifully eloquent, and your post was clear in a way that I could never be.

Something I'd like to add is that I find ignoring, on its own, difficult. That's mostly because I have a relatively empty head, and my thoughts often jump around a lot.

Therefore, I need to ignore and **replace**. Otherwise, the thought will ask "why are you ignoring me?", and I'll strike up a conversation with it, and it will keep pestering me.

When people immersed in *Torah & Avodah* ignore it, there is *Torah and Avodah* to replace the thought ([See also Perek 28 in Tanya](#)). When people like me are on the train, and not doing anything useful... Or lying in bed... Or overtaking a bus full of cheerleaders on the highway... Ignore and replace works best for me.

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Re: getting the urge OUT of your head.... the thread.
Posted by Dov - 14 Apr 2011 16:53

Sometimes there is a busload of cheerleaders being driven around *in our brains!*

Really, thanks for your kind words, and I really meant what *you* wrote: **replace** self-centered self-pleasuring with trying to help others (=anybody besides me); **replace** the lying with openly telling the sometimes-ugly truth to another person; **replacing** the obvious belief that every single lust/porn/sex addict harbors, that "Hashem obviously does not have a *clue* what I *really* need. For what I feel I need is porn, sex fun, and fantasy - yet lo and behold: when I get into the habit of using it, my inner and outer life get wrecked! (we all scream inside:) **It should not work that way!** He *obviously* is not running this world right, at all!" ...replacing that perspective with some humble prayer to Him, for a change.

Early on, we typically daven to Him telling Him what we need! "I need **You** to take away this challenge from me completely!/*make* the bikini ladies go to the other street, quick!/*make me* ignore the legs of the lady in the canned food isle/*make me* forget that porn / just watched (for an hour)!...etc.

This is not humble tefilah and is not the way it works, at least for me. It is actually just a continuation of the very same thing we were *always* doing before, while searching for schmutz or while we were masturbating to *take care ourselves* and "make things feel right". It was not essentially evil - we were just trying to take care of ourselves and we know it! And so does He! But davening that way is just more of being in the Driver's seat. In prayer! Lo zu haderech, in recovery. Maybe it'd be OK for normals (I daresay it *is!*), **but not for us** - it just perpetuates our diseased thinking. We need nothing less than *surrender*, our experience tells us. Surrender to the truth about ourselves (the disease) and surrender to Hashem.

"Surrender to the disease?! Gevalt! That means giving in to it!" No. It doesn't. The disease is not in charge of anything, Hashem is. And maybe I can be, too, with His power. But not a disease. True, the disease must be respected and adjusted to - but it *controls* nothing.

Sorry for the rambling, but you really struck a cord. Thanks for reminding me of all this, as I need it today.

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Re: getting the urge OUT of your head.... the thread.

Posted by im not alone - 01 May 2011 18:45

we all need to understand that when an urge attacked us, we only need to push it off for a few short minutes, its not -that individual urge- a long battle to deal with.

You need to stay focused for just a few minutes till the urge disappears, so when an urge hits you. before the urge takes over full control of yourself (yes i think there is stages within an urge) vow to come on the forum and write to anyone, even in the joke thread. Or vow to do anything else (not something that takes too long. just something you will enjoy and doesn't take much time)

Of course even you successfully pushed away THAT urge, another urge could and would come again, but thats would be a new urge nothing related to the previous urge

For me I found it extremely helpful. even as a general tool to overcome this addiction (Ive mentioned it in a few of my posts), because ultimately every fall starts with an urge

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Re: getting the urge OUT of your head.... the thread.

Posted by Blind Beggar - 20 Jun 2011 09:54

The Chofetz Chaim at the very end of Shmiras Haloshon, Chasimas Hasefer perek 3, says if an unclean thought comes into your head, look at your tzitzes and it will go away.

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Re: getting the urge OUT of your head.... the thread.

Posted by Dov - 20 Jun 2011 22:40

[Blind Beggar wrote on 20 Jun 2011 09:54:](#)

The Chofetz Chaim at the very end of Shmiras Haloshon, Chasimas Hasefer perek 3, says if an unclean thought comes into your head, look at your tzitzes and it will go away.

Beautiful! Notice that he zt"I did not say to fight it really hard by looking at your tzitzis, but to look at your tzitzis instead of lusting. And Hashem will help with the fight - *Only **He*** is 'Ish milchamah', not us.

...and that is all talking to non-addicts! For normal people also get lust thoughts!

Truly beautiful.

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Re: getting the urge OUT of your head.... the thread.
Posted by Shteeble - 25 Jan 2016 12:00

Bumping this thread.

Please read the first post, and add any ideas.

(Oh, and Bigmoish, I know what you're thinking...)

Thank you.

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Re: getting the urge OUT of your head.... the thread.
Posted by cordnoy - 25 Jan 2016 12:27

I'm usually a goner by then.....I need to stop it before it enters head.

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Re: getting the urge OUT of your head.... the thread.
Posted by Bigmoish - 25 Jan 2016 16:09

[Shteeble wrote:](#)

Bumping this thread.

Please read the first post, and add any ideas.

(Oh, and Bigmoish, I know what you're thinking...)

Thank you.

Can you give me a hint? If you know, at least help me out a little...

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Re: getting the urge OUT of your head.... the thread.
Posted by Shteeble - 25 Jan 2016 16:13

Well, if you act out, then the urge will get out of your head.

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Re: getting the urge OUT of your head.... the thread.
Posted by Gevura Shebyesod - 25 Jan 2016 16:34

Not for very long...

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Re: getting the urge OUT of your head.... the thread.
Posted by Bigmoish - 25 Jan 2016 16:36

Interesting thought, but since you seem serious about recovery, that is not actually what I was thinking.

In an attempt to lure cordnoy into this conversation, perhaps we can allow for ideas on how to

prevent the urge from entering your head as well.

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Re: getting the urge OUT of your head.... the thread.

Posted by Yid1 - 25 Jan 2016 16:48

I would prefer to keep this thread to the purpose it was started for.

However, I would very much appreciate such ideas to be posted on my "attempt at honesty" thread (link below).

Thanks.

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Re: getting the urge OUT of your head.... the thread.

Posted by cordnoy - 25 Jan 2016 16:53

[Yid1 wrote:](#)

I would prefer to keep this thread to the purpose it was started for.

However, I would very much appreciate such ideas to be posted on my "attempt at honesty" thread (link below).

Thanks.

then, I will keep quiet here.

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Re: getting the urge OUT of your head.... the thread.

Posted by Dov - 15 Mar 2016 23:36

Some Rabbonim tell guys to **get engaged**. They say that real sex in marriage will get the silly temptations out of their heads. (I was told this even after I told a Rov about my problem!)

For guys who are already habitually masturbating and romancing fantasy women in porn for years....boy, are those Rabbonim so dead wrong. It's so very sad...of course no sex can compete with fantasy sex and the porn images strangle and real sexuality.

But now after some years sober bH...I say the same thing (sort of)! And it responds nicely to the very question of this thread:

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Living in fantasy makes little or no room for *real* life, or for real *emotions* in real life, and creates even *more* hunger for fantasy. Compared to any fantasy, real life - even a life of Torah and avodah - stinks.

Now, in recovery we addicts basically learn to more comfortably engage in the realities of *real* life...the subject of all the steps. So, I discovered that **non-addicts** do much better when they engage more actively in real life. The more into real living they become, then less drawn to fantasy they find themselves to be. Trusting that, is a challenge. That is where therapy can help a lot.

An illustration:

Some guys find that as long as they are shteiging away 'with a brenn' in yeshivah, they are saved from their own lusting behaviors. We usually like to attribute that to 'Torah is meiging

umatzli'....but it is not the reason. The real reason is that **we are not in real life there, at all**. They are away from home, in a yeshivah w/o work, w/o money issues, w/o family life, and w/o real responsibilities. As they say, 'ein ben chorin ella mi sh'osek baTorah!' Yeshivah is a greenhouse.

No wonder the draw to fansaty is not that strong for some guys there. **They have no real life issues there!**

The escape from facing real life issues makes for a peace borne of blissful ignorance. I went through that in EY - didn't masturbate for nearly **2 years** while I was there - though prior to going I did it practically daily. When I came back, it hit me like a hammer. Coupled with the depression of failing the EY model of bitul olam hazeh, I also had a horror to tend to: real life was there again, waiting for me. I was 20 years old and life was a combination of problems of the present and of the looming future - and the past wouldn't leave me alone, either. Needless to say, I tanked.

When life sucks, engaging in it is nothing but a horror. Addiction thrives in *that* environment.

So if you want to learn how to get the urge out of your head and you are not (yet) an addict, the answer is simple:

Learn how to engage in real life with comfort so that you have no need to run away into play-) and your *self* (sorry there, too). If you cannot seem to do it, then for G-d's sake, see a good therapist right away and get the help you need to start living in *your* real life, not in someone else's. Real life is great and there is nothing like really being engaged in it and not running.

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