

How to replace the lust

Posted by NORMALYID - 02 Feb 2016 00:21

Hi guys I spoke to my therapist and he told me that u can't just take away the lust u have to refill it with something else if not u will get your self back there. Does any one disagree or does any one have any ideas of how to refill it please let me know?

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Re: How to replace the lust

Posted by cordnoy - 02 Feb 2016 00:56

It's called life.

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Re: How to replace the lust

Posted by NORMALYID - 02 Feb 2016 02:07

I'm sorry but I didn't understand

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Re: How to replace the lust

Posted by cordnoy - 02 Feb 2016 02:58

[NORMALYID wrote on 02 Feb 2016 02:07:](#)

I'm sorry but I didn't understand

We replace lust by livin' life.

This is the essence of the white book.

Also the crux of my recovery.

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Re: How to replace the lust

Posted by NORMALYID - 03 Feb 2016 06:14

1) how do u live life 2) anyone has any other ideas what to do at night when I feel that I want to act out? usually when I used to act out every night I used to think in middle of the day that at night I'm going to have my private moment quiet at night where I'll act out but if I don't do that I need a replacement I hope u understand better my question now. Waiting for ideas

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Re: How to replace the lust

Posted by Watson - 03 Feb 2016 06:45

Please see the link below for other ideas what to do at night:

guardyoureyes.com/index.php?option=com_content&view=article&id=43&Itemid=25

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Re: How to replace the lust

Posted by Workingguy - 03 Feb 2016 12:12

[NORMALYID wrote on Unknown:](#)

1) how do u live life 2) anyone has any other ideas what to do at night when I feel that I want to act out? usually when I used to act out every night I used to think in middle of the day that at night I'm going to have my private moment quiet at night where I'll act out but if I don't do that I need a replacement I hope u understand better my question now. Waiting for ideas

Normal,

Living life means not using Lust to run away from it and to soothe ourselves when it's painful. Rather, it means living in the moment and taking things as they come, meeting challenges knowing that they may be hard but that it's better to face them than to run away to acting out.

But I definitely hear that it is healthy for a person to have something pleasant or enjoyable in their life- a hobby or a kosher outlet. I don't know that finding the replacement solves your problem. For many here it is finding the solution to acting out that solves their problem, and as a result they find a healthy outlet bc they are living a more balanced life.

Exercise is really one of the best replacements for many reasons. Is that possible? How about reading? What do you like to do?

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Re: How to replace the lust

Posted by Mesayin - 03 Feb 2016 22:14

Hey NORMALYID welcome welcome!

Yeah yeah there might be a few ideas on how to replace it, i.e. constant brain activity or doing things releases brain hormones that are not destructive.

But my aniyas daas is that this the yetzer harah that telling us "you cannot live without lust" therefore we try to think of ways to replace it, however, since in reality we can live without it, granted it is a little painful, but we can live without it so I really don't think it needs to be replaced.

That is just my poor mind, I'm sure your therapist is more experienced than me so take it or leave it.

Chazak v'emutz!

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Re: How to replace the lust

Posted by unanumun - 04 Feb 2016 19:24

I picked up playing guitar. It was a big help during some tekufos.

I found a great on line website to teach me. (I knew already but it helped to be more structured)

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Re: How to replace the lust

Posted by gibbor120 - 04 Feb 2016 21:36

Find stuff that interests you and keeps you busy. Make sure to build relationships with people. Lonliness and boredom are the tools of the Y"H. That is my experience anyway.

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Re: How to replace the lust

Posted by Workingguy - 04 Feb 2016 22:03

What's the guitar website? I'd love to play better.

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Re: How to replace the lust

Posted by markz - 04 Feb 2016 22:08

So we're gotta have a kumzitz!!!!

Una, Eslaasos, Rabbi Workin' guy, myself

Anyone else?

ODAAT

One dance at a time

Cord' you're on?

Do you ban all G rated words (G = guitars)?

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Re: How to replace the lust

Posted by Gevura Shebyesod - 04 Feb 2016 22:20

Yousician? I recently started playing with that a little too.

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Re: How to replace the lust

Posted by cordnoy - 05 Feb 2016 13:25

[markz wrote on Unknown:](#)

So we're gotta have a kumzitz!!!!

Una, Eslaasos, Rabbi Workin' guy, myself

Anyone else?

ODAAT

One dance at a time

Cord' you're on?

Do you ban all G rated words (G = guitars)?

i have directed in the past.

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Re: How to replace the lust

Posted by Workingguy - 07 Feb 2016 01:26

[cordnoy wrote on Unknown:](#)

[markz wrote on Unknown:](#)

So we're gotta have a kumzitz!!!!

Una, Eslaasos, Rabbi Workin' guy, myself

Anyone else?

ODAAT

One dance at a time

Cord' you're on?

Do you ban all G rated words (G = guitars)?

i have directed in the past.

And I've played a bad Kumzitz in the past.

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