

Boredom

Posted by TheSicarioWarrior - 04 Apr 2019 19:13

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Chazal say that one must make sure he is busy with something at all times, because if one is bored, his mind automatically turns to the yetzer hara.

I can relate to that.

While I recently have been doing much better in terms of cravings to watch pornography and find myself in control more and more consistently, whenever I am bored, my mind automatically, as Chazal warn, turns to pornography, and I often wind up falling.

Obviously, step 1 is to find other things to occupy myself with during those times so I don't get bored and then fall, but does anyone else have any other tips or experience to share on this subject? They would be very much appreciated.

Thanks, and Hatzlacha to all.

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Re: Boredom

Posted by doingtshuva - 05 Apr 2019 00:11

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you can spend some time on GYE

just be careful not to get addicted to the site

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Re: Boredom

Posted by rolemodel - 05 Apr 2019 01:23

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Yes, that is good advice. I noticed I was spending alot of time on this site, and although it does strengthen my commitment to make it 90 days, it sort of ruins the point because my main motivation to make it 90 days is that I was wasting so much time not being productive.

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