

feeling it coming

Posted by easy - 01 Sep 2020 13:48

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sometimes i have a hard time douring the day thinking of images during sader and other times during the day. i know when i come home that a very small thing can set me off. i reilize that but dont know how to change my mindset untill it goes away after a few days. any ideas

maybe a specific taphsic shavua for the day ?

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Re: feeling it coming

Posted by Grant400 - 01 Sep 2020 14:43

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How do you deal with the thoughts? Do you try to shove them out of your mind? There are ways to accomplish this properly...

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Re: feeling it coming

Posted by willdoit - 01 Sep 2020 18:20

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[Grant400 wrote on 01 Sep 2020 14:43:](#)

How do you deal with the thoughts? Do you try to shove them out of your mind? There are ways to accomplish this properly...

Hi,

Would you please share how you can accomplish this.

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Re: feeling it coming

Posted by Grant400 - 01 Sep 2020 18:53

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Take a look at the topic called "How to function despite lust #2 " in the break free category. (I'm not sure how to post a link on the app)

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