

Brain fog and how to focus when withdrawing

Posted by hST2cKmqv3vpV - 23 Oct 2022 17:23

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B"H I'm about 3 days into consistently avoiding looking at women in real life or in photos / the internet (this is how I've interpreted the best way to get started guarding my eyes). I'm having waves of desire coming and going (similar to fasting). This is not actually an unpleasant feeling but I quite enjoy it and consider it a blessing from Hashem. One issue is I'm not sure how to be productive or focus on my work while this is going on. What is some advice? Should I just expect to be experiencing withdrawal pangs for the next 30 days? It's hard for me to think so this post might not be the clearest

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Re: Brain fog and how to focus when withdrawing

Posted by hST2cKmqv3vpV - 25 Oct 2022 04:42

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B"H no more brain fog for now, increased focus esp for Torah study

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Re: Brain fog and how to focus when withdrawing

Posted by chancy - 28 Nov 2022 16:57

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Hi,

just saw this thread and i want to comment. i hope someone will check this.....

I have been having issues with brain fog for a long time and it started when i stopped looking and indulging in shmutz.

I have no been able to get out of it. and its killing me! The only thing my mind wants to focus in on sex. The only time i feel clear is when i see something that i desire, then my hyperfocus kicks in. and of course i dont give in., but this is causing me lots of pain.

Im guessing that it has to do with some form of ADHD. But i would like to hear if anyone else has any insight for me?

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Re: Brain fog and how to focus when withdrawing

Posted by Teshuvah4real - 28 Nov 2022 17:05

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Hi,

Try to redirect and focus your thoughts onto something else. Get involved in something that will occupy your mind.

Hope this helps

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