



### **How to Handle an Involuntary Thought**

8. When one involuntarily thinks an inappropriate thought, he should not try to simply push it aside. This generally does not work and often even makes matters worse. Rather, one should do the following:

A person cannot think two thoughts at once. If one's mind is preoccupied with one matter, there is no room to think of anything else. Therefore, when one is hit with an inappropriate thought, he should simply start thinking of another – appropriate – matter. The inappropriate thought will vanish on its own. (See Mishnah

*Berurah 85:6*)

9. If one is at work, he should keep his mind occupied with work-related matters, so as not to have “room” for other thoughts. (See *Yafeh L'lev 6, EH 23:3*)