

90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by Shteeble - 08 Jul 2011 13:29

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Okay Chevra, we have 90,000 to go. Please keep to one reason per post, and 20 words or less per reason.

When you feel like acting out, make sure to read all 90,000 reasons why you shouldn't first.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by cordnoy - 27 Apr 2014 18:41

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I agree with MBJ and with Dov.

1...try what works, and make sure it's a real attempt. [This is a serious introspective point, for there are people that think they are doping religious things, or constantly talkin' with therapists, but really to no avail.]

2. What dov says about opening up in real time and place is crucial; I would just mellow it a bit. Go to an SA meeting (it doesn't have to be in your neighborhood). Open up to someone (even far removed from you). Take those steps slowly and carefully.

Final note: Take what everyone says here with a grain of salt (including and especially me). Someone says that you MUST know if you're an addict or not and we go ballistic! Oy! I do not know! what's gonna be? Someone claims this or that; they/we are all tryin' in someay to help. Most is from our personal experience. Not every person is the same; they hardly are. That is why a therapist, Rav or mentor is so important.

Final, final note (what happened to the 20 words or less??): I (as the mikvah thread can attest to) have opened up (and was brutally honest) to a frum therapist in Israel, to a frum quasi-therapist/friend here in my neighborhood, to many people here on GYE, and lastly joined an SA meetin' away from my neighborhood.

It was not before all those steps that I came to the realization that I am an addict (nurture or nature...who gives a @\$%?). I was an addict and am an addict, and for all probability, will always remain one. How do I survive (for I shall survive)? By focusing solely on the moment before me....not the past and not the future. Make the correct decision for now!

b'hatzlachah.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by R76 - 28 Apr 2014 05:58

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[cordnoy wrote:](#)

i did not come here because of the sin

i did not stop (for now) because of the sin

i did not become mean during my acting out

i was not depressed

it was enjoyable

the build-up was heaven

lustin' was excitin'

Definitely -- that is why it is so hard to give up. I have been clean almost seven months but I miss that time more and more. I have many different issues to deal with.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by R76 - 28 Apr 2014 06:05

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[Dov wrote:](#)

In the same exact vein, **lu yetzuyar that masturbating or using porn were a mitzvah for normal Yidden - it would be completely assur for me. For I am an addict.** I would have come to recovery (just as alcoholics come to recovery even though drinking is not a sin) because the way *I* use sex and lust is gluttonous and compulsive. It messes with my sanity and my life enough that I couldn't tolerate it even it weren't assur - nor even if it were a mitzvah!

I do not know if I am an addict in that respect. I have been acting out for many years but I have not suffered in this world -- perhaps I can even be called normal by contemporary American or Conservative Jewish standards.

I do have many other problems -- I am very lonely, I am severely depressed, I am unemployed and I do not like the area in which I have PhD.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by R76 - 28 Apr 2014 06:09

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[lightning wrote:](#)

Och, people, you really make me cry!!

How the HELL should i know if i am an addict or not?????

Isn't the fact, that i'm watching pornography since im 13, tried 10000 times to stop, married and continued to watch, have a double life( from outside a ben torah), spending hours over hours and days over days mastur. , therefore causing terrible pain to my wife AGAINST MY WILL, begging to Hashem to free me from this terrible behavior or to show me a path, having even sometimes suicide thoughts, - enough to tell that i'm an addict????

I am sorry -- you are SUFFERING from this. I did not SUFFER -- I am unmarried and up to

seven months ago lead a sexual life which would be considered normal by nonorthodox Jews -- I acted out about twice a week and had a large collection of magazines and DVDs -- all bought in regular shops. That is one of the reasons it is so hard for me to commit to change.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by R76 - 28 Apr 2014 06:13

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[Dov wrote:](#)

Second, and this may sound the same but it isn't: **really** try other things. Emphasis on 'really'. Like the Kotzker would say, the opening can be the size of a needle-eye - but it needs to be m'eiver l'eiver (through and through)...in other words, REAL. Over the years on GYE I have met dozens and dozens who have said things like y'all have here and even shreid gevalt saying "I'll do anything, anything!" - but they won't go in person to an SA meeting in their neighborhood - they won't even *talk* to another real sexaholic in recovery on the phone - and if they do, they will still use their fake GYE names or their 'middle' names, or they davka use a 'Google number'. Why the fear? What's the shame? I thought he was willing to do anything!?! It obviously is just a

Dov

Maybe part of me does not want to change. Definitely I have some desire to change as I have been ``sober" for seven months. How can I get in touch with telephone partners?

The other issue is that it is hard to for me to talk about the wrong I am doing. It is much easier for me to talk about the ways in which I am suffering.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by cordnoy - 28 Apr 2014 06:14

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[R76 wrote:](#)

[cordnoy wrote:](#)

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Definitely -- that is why it is so hard to give up. I have been clean almost seven months but I miss that time more and more. I have many different issues to deal with.

i remember visitin' hell twice....it is not a place i wanna return to right now.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by tryingtoshteig - 29 Apr 2014 17:53

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[Dov wrote:](#)

But there is another point to be made here: The Nuclear Reset Button.

Can someone post that here? I am not sure how to do it but will goof about and try if no one else can do it.

## The Nuclear Reset Button

Dov wrote:

And it may sound obvious...but it's not:

Tehillim, kedusha, and even the 12 steps with meetings, sponsors, written stepwork, and regular phone calls whenever in trouble, etc - none of them work at all if we still do not really need to stop.

See, right after we masturbate, everybody wishes they'd stop! So us frum guys suffer so much, struggle so hard, and fight tooth-and-nail (all l'Shem Shomayim, of course). But we just don't feel right, do we?

There is only one surefire way we all know to bring our dirty, yucky, painful selves close to Hashem - really honestly close:

masturbate again!

Within a minute or so we find that we are dropped cold out of lust like a rock. Brought to our humble, reeling, holy senses again like the worst cold shower in the world. It's horrible five minutes later. We become frantic to finally fly right, despondent, ready to reach out like never before... "I'll do anything to quit and not fall the next time!" See? We are brought back to our senses! We wanted nudes five minutes ago - and now, all we really want is sweet tahara! Because we masturbated and 'got it over already'.

It works every time. It's the nuclear reset button, isn't it?

After our painfully intense 'zera levatola', life and avodas Hashem suddenly and painfully makes

sense again. Sure we are farther away - but at least we are in the game again! ..or so we think. The sex obsession is blown out of us, gone. Holiness is again in view, at least. Menucha...

...for about a day (maybe)

Maybe I became willing to start recovery because I got tired of reset buttons, that's all? While we are flaming addicts, there eventually comes a point at which we realize that in order for us to live successfully we do not really need to give in and end the game by masturbating (again) so that we return to our holy senses. This is a total shock to a frum porn and sex addict.

We always saw our lusting, fantasy, and sex-with-self as the opposite of our avodas Hashem...and surely, the lusting and the fantasy always are. But not so the zera levatola! So often we held our breath, counting the days till....till it built up to a crescendo of crushing tension. Then we used the good old nuclear reset button - ending the game. We just couldn't take it any more. How long can you hold your breath? Eventually, everyone who is holding their breath needs to come up for air! So we fall, R"l. "It's Game Over, I guess," the poor guy says.

But it's not really ending the game at all! It's just starting a new game!

Anybody here who has ever been addicted to computer games knows exactly what I mean, here, by "GAME OVER" just being a reset button. Think it over.

Hatzlocha using this.

(Hatzlocha using anything! )

p.s this post can be found [here](#)

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Atzmosyosef - 10 Jun 2014 17:49

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# Whatever it is

Look at some pointers from DOV - that guy cuts through the surface.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by anonymous\_14 - 18 Jun 2014 11:58

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1. Affects mental health
2. Weakens moral character
3. Leads to more sin
4. Causes health issues
5. Confuses and dims emotions
6. Leads to immorality
7. Can become addictive
8. Makes you less reliable
9. Weakens and harms relationships
10. Leads to further disappointment

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by anonymous\_14 - 18 Jun 2014 12:39

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1. It is good for your health.
2. It is good for your business success.



3. It is good for your relationships.
4. It is good for your loved ones and friends.
5. It is good for your continued success and happiness.
6. It is good protection against wicked people.
7. It is good for love, purity and to keep your good middot.
8. It is good for learning and understanding about this world.
9. It is good for improving the bad moments in life.
10. It is good for having the ability to do mitzvot properly which improves connection to G-d.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Atzmosyosef - 02 Jul 2014 14:25

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Well done anon !!!!

I really liked the way you contrasted those 10 statements.

Like the asseres Hadibros !

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Val - 27 Jul 2014 04:36

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It's a trick. Don't short circuit yourself! If you are married then get more creative with your wife, re-kindle your relationship with her! She is the key for you.

If you are single then don't give up on finding a wife! Re-direct your energy towards that goal.

Lastly, get on your knees and pray to Hashem! **Beg and plead and cry** and keep doing it over

and over and over again. Be a pest to Hashem! I did it and personally received a miracle sealing against acting out that has now lasted 30 days!

Val

I love you guys and this site is awesome!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Pidaini - 27 Jul 2014 16:52

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Welcome Val!!

it's great that you're here!!

Don't be a stranger, tell us about your struggles, how you are staying clean, and more!!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by dd - 28 Jul 2014 18:14

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Welcome Val!!

great to have you here, keep on posting and let us know how your keeping clean, the davening

thing is for sure the greatest tool i guess thats whats helping you most but let us in on what else is going on,

KUTGW and KOP(praying, posting)!!!

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Windows of the Soul

Posted by anonymous\_14 - 28 Jul 2014 22:30

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This is to share with you a summary of a booklet found on this site called Windows of the Soul. This is my summed up version, I hope you find it useful.

#### ? YOU ARE A MEMBER OF A UNIQUE NATION

We need Torah, it is our strength to be moral but we can only tap into our strength by guarding our eyes.

#### ? SELF-MASTERY

If you do not have a degree of self-mastery you are slave to your negative traits and all the negative winds on the street are extremely dangerous for you. There is so much immodesty and lust in the streets that without self-mastery over your eyes you can be easily overcome.

#### ? LISTEN TO YOUR SOUL

The soul's voice is very low and small - the body's very loud and commanding. Despite the many obstacles put up by the body, one should listen to the soul, not the body. The body is insane. By studying Torah and "exercising your soul" one is capable of leading the mind and body to sanity and health.

#### ?RESPECT THE PRIVACY OF OTHERS

A person who does not guard his eyes does not (by definition) respect the privacy of others. Since intimacy is reserved for married husband and wife. A person who guards his eyes can

bring a husband and a wife closer.

### ?BEWARE OF THE ENTICING NATURE OF THE WORLD

The world is not merely a beautiful place where we can look everywhere

While it is a beautiful world, there are things that we should not see. There have been many calamities ?? ????? that have been brought on by the power of sight. Cain, Ham, Lot, Avimelech.

### ?PRIVATE FLAWS WILL BE REVEALED:

If a person desires bad things he will be motivated towards unfavorable behavior. Sin begets sin and before long your deeds will be inevitably revealed. If you think you are getting away with it, think again.

### ?REMEMBER YOUR HERITAGE:

I remember my grandmother obm for her incredible modesty. I always knew she was fair decent and righteous but I never connected it to modesty. Quite simply modesty gives you control over your desires. Modesty gives you the power to be fair, decent, and honest. This is my heritage.

### ?UNDERSTAND THERE IS A PURPOSE TO THIS CHALLENGE:

It is a famous question of why there is a yetzer ra at all? G-d wanted us to struggle with this negative force and to overcome (which is entirely possible). Animals do not have this problem or this responsibility as they do not know bad or good. Only a human can stop himself from doing something negative.

### ?DAILY TORAH STUDY:

Torah elevates your thoughts, gives you more awareness of the dangers and also give you more self esteem. As an example remember the lesson of R. Dubov of Chabad who, taught of the importance of the 10th commandment (not to covet) and it being the guard of the above four. If you do not covet, you will not steal etcetera.

### ?DAILY MUSSAR STUDY:

Studying Mussar heightens your awareness of your infinite potential and all the wonder within you. Then you are less likely to throw it all away by not Guarding your Eyes. Who does not want to be courageous, loving and kind?

### ? KEEP A LOG

Keeping a log is helpful because you are metering your intake so it speak and so you are becoming more and more conscious of how to avoid them. By doing so you are becoming smarter in this area and reinforcing your convictions, will and desire.

### ? PRACTICE LOWERING YOUR EYE LEVEL

Lowering your eye level helps in many ways. First, and most obviously you do not see immodest sights. This should become second nature.

### ? MAKE A PLAN BEFORE YOU LEAVE HOME

This is extremely helpful the better thought out the better For example before going to a secular wedding or going to a business meeting Visualization and integration are very helpful for any possible difficult situations.

### ? VIEW HOLY THINGS

Our Sages tell us that if we focus on holy objects simply viewing them will instill holiness within us and inspired us to preform mitzvot better. Beautiful sunrises, or a colorful flower, or the graceful flight of a bird, waterfalls and lakes.

### ? GUIDE A FRIEND

By guiding a friend we ourselves are strengthened. Also I believe perform the mitzvot better. A G-d will be more forgiving because you took your time to help other out of this.

### ? LAWS OF SHMIRAT EIYNAYIM:

? It is forbidden to look at a woman if she is dressed immodestly

? Concerning areas of immodesty:

? If you know of an area where immodestly dressed women are present, it is forbidden to enter this area.

? An alternative route If there is to alternative route or the alternative route is impractical or costly, you are permitted to pass through the are to avoid seeing the immodest sights

? It is forbidden to have thoughts of desire for any woman

? It is forbidden to derive pleasure from looking at the beauty of a woman even if she is modestly dressed. (There are different laws regarding one's wife.)

### ? TREAT WOMEN WITH RESPECT

Many of the women that are dressed immodestly would be perfectly decent if they were in a more religious, wholesome atmosphere. To treat them with disrespect is wrong and it does nothing to solves the problem (neither yours nor theirs nor societies.)

I regard it as being my own problem, I increase humility and I deal with it in myself.

If you guard your eyes you are in the wonderful position to honor, respect and help women who need help (if you feel it is safe).

### ? TAKE ONE DAY AT A TIME

One gets very very confused by trying to foresee what will be in the future in each every scenario. If you do today what you are supposed to , tomorrow it will be that much easier to do it again. One day at a time before you know it you know it you have acquired a life saving habit.

### ? PREPARE FOR THE UNEXPECTED

Just like when an army plans a war, the generals design a strategy, so too when we plan to battle the war of Guarding Your Eye. The Vilna Gaon would review the second chapter of Mesilat Yesharim, which talks of watchfulness 13 times before going out into the street.

### ? WE ARE NEVER IMMUNE TO IMMODESTY

Let us not fool ourselves no one is immune to immodesty and certainly not myself! A person can weaken to immodesty when he feels vain, likeable or lightheaded and when the gates of the eyes are breached. The bottom line is: Defer to the wisdom of the Torah regarding the laws of Shmirat Einayim. They are relevant to every generation and every circumstance.

### ? VANQUISH IMPROPER THOUGHTS

“Who is strong? One who subdues his passions.” (Avot 4:1)

“A master of his passions is greater than the conqueror of a city.” (Mishlei 16:32 )

Rabbi Yisrael Salanter commented on these texts: with some of the most encouraging words of all time: “Man has the ability to have mastery over his nature. 1...Through Mussar study and force of habit, a person can transform himself.” (Ohr Yisrael, Igeret HaMussar)

### ? DON'T RATIONALIZE

Promiscuity begins with gazing at women who are forbidden to you. One should not rationalize that he is above such behavior. The purpose of the Torah laws of Shmirat Einaim is to help; us give our full love and attention to our wives permitted to you and strengthens the unique and special bond of love between you.

### ? DEVELOP AN AWARENESS OF HASHEM

Just a security guard will deter a thief from robbing a store, the awareness that you are in G-D'S presence. The awareness that G-D wants your wife to be the only woman in the world will empower you with the ability to control your eyes.

### ? DON'T BE DISCOURAGED

?. Consider the accounting of the Talmud (Taanit 21b) about Abba, a doctor who received daily "greetings" from Heaven for guarding his eyes.

?. A person who is regularly confronted with improper sights and controls his eyes is considered by G-d to be a mighty warrior. Our Sages tell us that you will be rewarded for averting your eyes with abundant blessings in this world as well as in the world to come

?. A dove has only one mate for his entire lifetime. "You will be like a watered garden and like a spring of water, whose waters do not fail". The allusion to water depicts wisdom and understanding

? KNOW THE GUIDELINES FOR UNAVOIDABLE SITUATIONS:

Two types of confusion regarding guarding the eyes.

We fail to realize that a certain behavior conflicts with Halachah or

We rationalize doing an aveirah by insisting that it is not an aveirah. We may even imagine it to be a mitzvah

? PERFORM THE MITZVAH WITH JOY!

Every time we control our eyes we are performing an important mitzvah and taking caring of ourselves. We should do this with happiness and joy. Each word of Torah study, each second of contemplation and each effort we make to control our eyes will uplift and sanctify us.

? CONTROL YOUR HOME ENVIRONMENT

Your home can be a spiritual oasis, free of improper sights and full of Torah study and ?????? The ?????? and purity of such a home nurtures the souls that live in it. Do you dress with the same modesty inside as you do outdoors? What sort of influence do you allow within the four walls of your home? The media has a destructive influence on virtually every individual. Internet should be filtered. Discuss with family.

By the way everything is better with modesty and humility

? PROVIDE A SPIRITUAL INHERITANCE FOR YOUR CHILDREN

From the beauty of the Shabbat one understands the importance of our heritage. The brave deeds of our forefathers (like ?????) actions affect not only our spiritual nature but that of our descendants as well. One of the most powerful ways to guarantee that your children follow a lifestyle of ?????? is to strengthen your own commitment.

? GUARD YOUR MOUTH!

Guarding your tongue is very helpful in ?????? ?????? . Here is a quote from Twersky:

There are many people who are desperate and say that they would do anything to be free of the



compulsion. Here is something that will indeed take much effort, but if one is really ready to do anything, this can help greatly:

**WATCH YOUR SPEECH!** Be meticulous in avoiding ALL lashon hara (defamatory talk), any untruth, and any coarse language (see sources below).

In order to know what proper speech is and what is forbidden, avail yourself of the Chafetz Chaim's "Guard Your Tongue."

This may seem simple, but it really takes great effort, because we are in the habit of talking without giving much thought to what we say. To become conscious and watchful of speech is anything but simple, but if one is really interested in being free of sexual compulsions, this can be of great help.

Twerski

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