

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 Warriorjew24 - 08 Oct 2014 06:59

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You will regret it and be unhappy with yourself for giving in to a desire that is like salt water, only leaving you more thirsty.

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Some saying on Passion:

Posted by anonymous\_14 - 12 Oct 2014 18:42

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Some saying on Passion from trusted Jewish sources.

Passions

Passion blinds reason.

The test of a metal is in baking; men are valued for the mastery of their passions.

The wicked are guided by their evil passions.

The just lament not having performed good deeds, the wicked suffer if they fail to satisfy their passions.

Passion harbors only forbidden desires

I have been sold as a slave among slaves, but nothing in the world has broken me as much as my own passion.

The beginning of the passion is sweet, but its end is bitter.

To prolong one's life one should attenuate his passions

What should a man do to die? Surrender to vice and lust. What should he do to live? Die to all his passions.

The greater the man the greater his passions.

Passion seduces a man in this world, and testifies against him in the future world.

The wicked are subject to their passions; the righteous dominate and control them.

Every man is the slave to his passions.

In the beginning, the passions are as travelers carrying out a brief stay with us; then they are guests who visit us daily and ultimately they become absolute masters of our will.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by nabill - 13 Oct 2014 00:24

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Because it suks

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by cordnoy - 20 Oct 2014 17:27

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Not sure if were up to 90,000 yet, but there sure is a heck of a lot!

imagine if this thread would be the inverse.

What are the reasons to act out?

I can think of only two and they are basically the same...."I want to," "it's enjoyable."

90,000 on one side, and two on the other...hmmmmm....

If only we would be able to think durin' our throes of lust.....

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by inastruggle - 20 Oct 2014 21:27

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Wrong thread.

[guardyoureyes.com/forum/1-Break-Free/202372-90000-reasons-to-say-YES-to-acting-out](http://guardyoureyes.com/forum/1-Break-Free/202372-90000-reasons-to-say-YES-to-acting-out)

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by cordnoy - 20 Oct 2014 21:43

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nice...forgot about that one.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by yiraishamaim - 08 Feb 2015 16:44

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I really like the topic, too bad this subject has not been visited upon for a while.

An emotional draw like lust needs an emotional counter force. Please bear with me. The following is tough to do but eternally worthwhile. Picture a pool of excrement- in liquid- smell the stench- picture yourself bathing in it.

Do this for at least 30 seconds.

Good, Now every time the "tingle" comes your way -remember that acting out is worse than bathing in that.

After only a moment of success(by pausing and not acting out) picture that the creator, sustainer and supervisor of the entire cosmos is proud of you!!!

**Hashem** knows your struggle and knows full well how to reward you.

Hatzlocho Rabo

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by long breaths long days - 16 Mar 2015 16:41

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Acting out saps testosterone right out. You need that stuff to get strong. It takes a while to come back, too.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by cordnoy - 16 Mar 2015 20:19

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It ruins character  
Posted by anonymous\_14 - 25 Mar 2015 00:53

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R Yisrael Salanter

“Man has the ability to have mastery over his nature....Through Mussar study and force of habit, a person can transform himself.”

What this means is that you cannot say about a bad habit that this is who you are, it is a shame and that's it. Here you have a true statement that any bad trait you have can be mastered and transformed into something good.

Character traits

When you stop lust you improve your character traits. Your positive character traits become stronger, your negative traits get easier to correct. With this your entire life becomes better as you can do more, have more satisfaction. You are much more respected and admired.

One the other hand lust brings down all your traits and weakens you. If you were courageous once you find yourself doing cowardly things. If you were lazy you would be even lazier. Having weakened traits renders you a lesser person in every respect. You are wasting the best part of yourself. But the stupidest thing of all is that you are doing so over nothing.

Over nothing? Yes because when it comes down to it we are creatures of habit, you have formed a bad habit that is bringing you down, you should form good habits that don't. Once you are used to something, you find yourself liking it. Once you like it you will want to continue.

When you stop lust, you will gain immensely in pleasure. Not the minute, miniscule pleasure that lust brings. But the immense pleasure of preserving and developing your best self. Of being the best you can possibly be instead of wasting it all over a silly nothing. The pleasure of knowing that you will not fail. The raise in self esteem, self respect in doing all those things you know excel in.

When you continue to lust , you have pain of knowing you are wasting your better self. The pain of knowing for sure that there many things you should be doing, can be doing, but are unable to due to your weakness in character. It is a source of pain and regret to waste one day and then another while worsening your character traits each time.

If you say, "I have tried, I cannot stop. Whatever you say to me is irrelevant." I would tell you to do the following exercise. Sit down and answer the questions... Do I really want to continue doing this for the rest of my life? How is this ever going to change? What can I do to stop this? The next step is to say this to G-d in form a prayer.

If you get over your lust you will be doing the right thing. With improved character you can meet your responsibilities and challenges much better because you have your better self to work with. You will feel better about yourself. You will also be able to be better for your loved ones and everything in your life will improve.

It is wrong to continue down this path. It is wrong because you have a duty to yourself to not waste your life. To not invite regret and failure. You have a responsibility to your loved ones that you have to try to fulfill and lust is only stopping you.

Don't forget that lust is but a bad habit. From your perspective it is more. Perhaps you see it as unescapable, something incredibly difficult to stop, something that has gotten the better of you, I am so sorry that you do. Every addiction school says the same thing, only with G-d's help can you stop this. With G-d's help there is nothing that you can't beat because G-d is above everything. You can be sure it is worth stopping.

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Re: It ruins character

Posted by Dov - 25 Mar 2015 03:13

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[anonymous\\_14](#) wrote:

You can be sure it is worth stopping.

I stopped, too.

Hundreds of times.

With mikvah and R Nachmans tikun klali and with the kitzur's yesod yosef, and with the arizal's mikvah and with many other things helping me all the way, I stopped hundreds of times.

I *loved* stopping! There is nothing quite like it. I am serious.

There is no high like 'doing Teshuvah', 'finally stopping', and being accepted back. They are very tempting. And I kept porning and masturbating myself while my marriage, job, and fatherhood were all becoming shams and slowly falling apart.

Only until I was ready to face the fact that I was ill and that I could not solve this problem on my own, was I really ready to start depending on G-d's help. I needed to walk into SA meetings without a bag on my head, with my yarmulkeh and Jewish real name, and admit the whole truth about myself and *keep* admitting it and work their program openly and honestly...and I am still doing that today and sober for 18 years, and life is good.

And there are many of us who have quit stopping.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by PowerLude - 26 Mar 2015 20:28

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Yes it is a struggle. But it says in Chazal, Torah, If a person comes to be purified, they help him from Heaven! So the more you're able to fight it, and stay clean, you are becoming holier. G-d bless You!!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by gibbor120 - 26 Mar 2015 20:49

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Hi and Welcome, why don't you start a thread in the "introduce yourself" section so we can get to know you better?

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Dov - 27 Mar 2015 00:20

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[PowerLude wrote:](#)

Yes it is a struggle. But it says in Chazal, Torah, If a person comes to be purified, they help him from Heaven! So the more you're able to fight it, and stay clean, you are becoming holier. G-d bless You!!

Are you finding that to be the case for you?

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

Posted by shlomoy - 02 Apr 2015 11:24

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Hi shteeble you were the one that was counting seriously many of the reasons, yishar koaich to you

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