

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 Mesayin - 15 Oct 2015 16:16

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Hashem loves us so much, that is why he gives tremendous punishment for this sin, it is as kavyachol Hashem is trying to do whatever he can to stop us from doing such a terrible thing.

(Other than the punishment, acting out is terrible)

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

Posted by Mesayin - 15 Oct 2015 16:18

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rosh hashana it is written down how much pleasure a man should have for the year.

So we are going to get pleasure anyway, why take it in such a bad manner?

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

Posted by cordnoy - 15 Oct 2015 17:13

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[Mesayin wrote:](#)

When we act out we our taking the souls of our children and turning them into demons that haunt us on this world and the next.

Don't even know if there's any truth in that.

hope that works for you.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by cordnoy - 15 Oct 2015 17:14

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[Mesayin wrote:](#)

rosh hashana it is written down how much pleasure a man should have for the year.

So we are going to get pleasure anyway, why take it in such a bad manner?

cuz' we want this pleasure!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Mesayin - 15 Oct 2015 19:08

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[cordnoy wrote:](#)

[Mesayin wrote:](#)

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hope that works for you.

I went to a guy a mashgiach in a yeshiva in his 60s for help in this issue and scared the daylights out of me with gemara and midrashim and this is one of the things that he told me.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Shlomo24 - 15 Oct 2015 19:17

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well i will repeat what cordy said, i hope it works for you. i heard something from a shiur that each seed becomes a malach that haunts us in this world and the next and the way to get rid of them was saying krias shma al hamittah. didn't keep me sober but i sure started saying ksha"h  
(i stopped about a half a year ago)

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by cordnoy - 15 Oct 2015 19:55

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[Mesayin wrote:](#)

[cordnoy wrote:](#)

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B"H!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by mike dupont - 18 Oct 2015 14:23

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Before acting out think about this: You don't want to lose your current streak and start again!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by markz - 18 Oct 2015 14:28

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Mike, is this the only thing that you've used to keep you lust free for the past 56 days?

Id think not, as I understand from seems from another comment you posted today [HERE](#)

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

Posted by cordnoy - 18 Oct 2015 15:04

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[mike dupont wrote:](#)

Before acting out think about this: You don't want to lose your current streak and start again!

If that works for you, fine; but I say that a streak is meant to be broken; what other reason would there be for a streak? I call it "livin' life."

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

Posted by Watson - 18 Oct 2015 17:54

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[cordnoy wrote:](#)

[mike dupont wrote:](#)

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Sobriety's not about beating a previous high score:

[guardyoureyes.com/forum/2-What-Works-for-Me/265130-Sobriety-s-not-about-beating-a-previous-high-score](http://guardyoureyes.com/forum/2-What-Works-for-Me/265130-Sobriety-s-not-about-beating-a-previous-high-score)

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Watson - 18 Oct 2015 17:54

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[cordnoy wrote:](#)

[mike dupont wrote:](#)

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by mike dupont - 18 Oct 2015 20:17

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Obviously my comment is not meant to summarize my 'strategy'; rather I was just trying to add something to all previously mentioned ideas and suggestions. It takes indeed more than that.

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

Posted by Here 2 improve - 29 Oct 2015 22:17

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Because it just aint worth 60 secs of enjoyment to feel like an animal for 10 mins(more or less).

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

Posted by peloni almoni - 30 Oct 2015 02:11

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our brain creates a chemical that pushes us to remember only the good parts of acting out from one time to the next. so when we get the urge, we have to actively remind ourselves of the unpleasant parts that were undoubtedly present last time around. it is never as good as you recall. focusing on having to go through the unpleasantness plus the spiritual and religious fallout can be powerful. #whatworksforme

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