

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

Posted by Shteeble - 08 Jul 2011 13:29

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 - 07 Jun 2018 03:35

[shevayipoltzadik wrote on 07 Mar 2018 21:31:](#)

Acting out! acting out! acting out!

Remember this urge that is inside us that push'es us do it! do it!

This is the *Yitzer Hora*,

So you think to yourself you know what we'll give in now, and leave me alone *Yitzer Hora*,

Looks like A familyer deal, Right?

Now one's you gave in to him instead of saying Thanks,

He is back again OMG what do you want from me now I already gave you what you asked for?

No No No! that was only the beginning of my plan *Shafele*, Now comes the real work for me,
Now I will use your fall to DESTROY YOU!!!!

So basically how he works is, The few hours before the fall he is taking over your whole body, makes you do crazy stuff push all the limits to the max [Bt'w if you anytime want to know what you are capable of and what your limits really are try to remember that when there is A will there is A way:}] so you cannot focus on life, kids, marriage, business, and everything that is important to you, Only on the urge.

And then there is the fall, And then after the fall you feel like such A noting that you have no appetite to focus on life, kids, marriage, business, and everything that is important to you,

So it was so-posed to be A good *Shaabas*, A good *Yom Tov*, A good *Simcha*, or just another good productive day at work or in your life and here it is all destrrrrrrrrrroyed!

So, lets take all are *kochos* together and tell him NO! NO! and one's again NO!

?I will try again and again and again, I will push the limits, I will try every trick, support, and help that *hashem* gave me and use them to the best of my ability,

I will live my life like A yid, and enjoy it like A yid

And with *hashems* help I will live A good productive clean life!

So I can't count; you can't have everythin'.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by growup - 08 Jul 2018 19:39

Dunno what number this is

lets make it #613

lust breeds lust - even when we think just this one time ill give in - in our mind we think -
tomorrow will be better - but fail to realize - lust breeds lust

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by moish u.k. - 03 Oct 2018 20:41

90,000 reasons never stopped me.

But maybe if i had 90,001 reasons... who knows...?

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

Posted by mikestruggling - 05 Oct 2018 07:49

[moish u.k. wrote on 03 Oct 2018 20:41:](#)

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

Posted by moish u.k. - 05 Oct 2018 12:04

Ha

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

Posted by moish u.k. - 06 Oct 2018 22:08

finally someone who really gets it.
No amount of reasons will stop me.

That's because I am blessed with an obsession.

An obsession will override any reason or logic.

The only solution that works for me is the spiritual one.

The spiritual solution removes the obsession.

Please don't ask me to explain it.

It is something that has to be experienced, not explained.

Can I explain to you what chocolate tastes like?

No. You have to taste it and then you'll know.

For those who identify as an addict I have the 12 step program to recommend.

Nothing else.

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

Posted by ydid - 03 Jan 2019 19:52

by acting out your **feeding** your addiction! by saying NO YOU are getting healed.

even I dont feel it I AM GETTING HEALED BY SAYING ONE time NO !!!

After all we all **want to HEAL.**

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

Posted by Nomore24 - 01 Mar 2019 16:25

Say no because the happiness and relief you feel when the urge passes and you move onto something else without having acted out, is a million times greater than whatever you could have felt during the extremely brief period of acting out.

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

Posted by Trouble - 01 Mar 2019 20:37

[Nomore24 wrote on 01 Mar 2019 16:25:](#)

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Firstly, follow instructions please.

Secondly, yes the pleasure of the urge passing is nice, but the pleasure of acting out, especially if one prolongs it and enjoys the chase, that's pretty thrilling as well.

Sadly, I'm sober for several years and haven't experienced that joy in some time.

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

Posted by mggsbms - 04 Mar 2019 13:39

[Trouble wrote on 01 Mar 2019 20:37:](#)

[Nomore24 wrote on 01 Mar 2019 16:25:](#)

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You haven't dealt with utterly depressive and disgusting feeling when you do act out, that should also be part of the equation.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by EscapeArtist - 04 Mar 2019 18:05

When I'm faced by the ultimate ????? where my drug is at, no amount of reasons will help, all other

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by EscapeArtist - 04 Mar 2019 18:08

times I try to remember how lousy it feels to lose my freedom, as I'll have to battle all day

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by EscapeArtist - 04 Mar 2019 18:09

every day once I step back into the arena...

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by i-man - 25 Mar 2019 23:28

I dont like feeling like an orange that was put in a press and had all its juice squeezes out.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by Realestatemogul - 15 Jul 2019 03:45

Serious depression sets in immediately after I act out. I really do NOT want to act out and right after the high the sad reality sets in...

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