

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 Gevura Shebyesod - 05 Jan 2012 19:35

I think he meant that when we act out we are telling Hashem that he is not welcome.

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

Posted by tehillimzugger - 06 Jan 2012 02:08

[Hashem Yaasfeni wrote on 05 Jan 2012 19:14:](#)

As you can tell i have too much free time on my hands.....

in the beginning i also had about a million posts a week

but i learned not to automatically comment

when u want some1 to correct something send him a pm

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RAT [anyone remembers that]

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by Hashem Yaasfeni - 06 Jan 2012 14:38

Ok Lets get back on track here goes (and I counted properly...)

#64

Regarding what the Mishna says 'Da ma lehashiv le'Apikorus', Know how to answer the heretic,
Rabbi Avigdor Miller Z"L quotes his Rosh Yeshiva as saying;

Know how to answer the heretic within you, the yetser Harah, dont just give in to his urging
you, answer him back, tell him to take a hike....

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by longbeach - 29 Jan 2012 15:34

#65 We only have so much time given to us in this world...

is there really any we have to waste?

Need a break form your "reality?" take a walk, exercise, call afriend...there is NEVER enough
time for these things....

yet there is time for THIS!?

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by Shteeble - 29 Jan 2012 18:32

#66

befeirishe jawbreakers:

SAY NO TO DRUGS

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by ontheedgeman - 02 Feb 2012 02:47

#67 Acting out leaves dirty spiritual grime that is hard to remove, and keeps us from cleaving to Gcd.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by davidk - 06 Feb 2012 22:08

there is no reason to say yes!! when u r not acting out u r urself, present ,n serene!!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by mr. emunah - 09 Feb 2012 16:32

8)it makes you depressed

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by tehillimzugger - 09 Feb 2012 16:34

Dear Mr. Emunah!

[like your name]

Welcome to our community, you have finally come home!

GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to purify themselves and break free of lust related behaviors. For the first time, there is somewhere to turn to for help in these areas. We're all in the same boat here. *Tzuras Rabim Chatzi*. Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

In the last couple of years, the GYE network has helped roughly 1,000 Jews get back on a path of sanity, self-control and healing and has touched the lives of thousands more. GYE has become known throughout the Jewish world as the number one address for dealing with these challenges which have reached epidemic proportions.

The tools of our recovery program were developed with guidance from the best experts in the field, such as Rabbi Dr. Avraham J. Twerski, and through the personal experience of hundreds of Jews who successfully broke free. We use a unique approach that recognizes that there are many different levels in these struggles.

Our network is comprised of a website, a pulsating forum, phone conferences, daily Chizuk e-mails, support hotlines, therapists, live 12-Step groups and a program of recovery for all levels of this struggle/addiction.

Nechama

All our work is free of charge and we zealously protect the complete anonymity of all our members.

Here are some quick things you can do to help you jump straight into your journey:

1) See the "[GYE Program in a Nutshell](#)" (*Right Click the link and press "Save Link/Target As" to save the PDF file to your computer*) that can help you quickly identify at what level of the struggle you are at, and which tools and features would help you most at your particular level.

2) Install a strong filter (see [this page](#) for more info). It is hard to break free of this while having all the garbage within a mouse click away. The filter gabai at filter.gye@gmail.com will hold the passwords for you. We also highly advise installing "Reporting Software" such as webchaver.org to give you some accountability.

3) Join the daily [Chizuk e-mail lists](#) to get fresh chizuk every day.

4) Join the [90 Day Challenge](#). Scientific studies have shown that it takes 90 days to change the neuron pathways created by addictive behaviors in the brain.

5) Post away on this forum, where hundreds of yidden like you exchange chizuk and post logs of their journey to recovery. You will internalize that you are not alone, and you will learn the techniques and attitude that work for so many others.

6) Join our free anonymous [phone conferences](#), led by an experienced sponsor.

7) If you need more general guidance, write to GYE's helpline at gye.help@gmail.com or call the hotline at 646-600-8100.

8.) Download and read the "[Guard Your Eyes Handbook](#)" (a hard copy can be purchased for cost price [over here](#)). This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "The 20 Tools", detail suggested tools and techniques, in progressive order,

beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. No matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

The second part, "Attitude & Perspective", detail 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

Our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be.

We are here for you.

www.GuardYourEyes.org

GYE E-Mail Helpline: gye.help@gmail.com

GYE Phone Hotline: 646-600-8100

Help us help others: [Donate Here](#)

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by anonymous17 - 12 Feb 2012 19:59

I was once a smoker and while I knew I was actually killing myself and making myself sick in many ways, I was not willing to give it up. It seemed like too much of an effort, too hard a trek.

It was not until my Dad ("??") pleaded with me to stop that I finally agreed.

The reason I mention cigarettes it is because it is an addiction just like this one.

It is a totally illogical addiction because it is well known that it is harmful _ just like this one.

(why would a person do something that is very detrimental to himself on purpose - illogical)

It is a powerful addiction just like this one.

I would like to give you some tips that have helped me in the hope they will help some of you too:

1. Don't be afraid to start even if you fail.

a. As painful as it may be, we all fail sometimes. Just take it as a fact of life.

b. Every effort you make is accumulated for you and it will help you for when you finally do succeed.

c. Like a mountain climber when they fall down they either

i. Fall back to an anchor they placed beforehand so they don't fall too far

ii. Or fall back down but they know all the rocks that are dangerous and are the places that are safe. They will do much better the next time up.

2. Develop a marathon man mentality for a few weeks. Long enough to pull yourself out of the mud. It is not as hard as it sounds. "Once you're on it you're on it."* Then it is much easier because you are both physically and spiritually farther away from the addiction and you begin to see rewards.

Live each day at a time. The confusion and fear of tomorrow and what tomorrow may bring can stop you in your tracks. But if you live your life "one day at a time"* it is much easier.

3. Study Torah

a. It keeps your mind filled with positive thoughts

b. Make it a constant study - keep at it

In Kiddushin 30 page 2 it says:

c. "Even so did the Holy One, blessed be He, speak unto Israel: 'My children! I created the Evil Desire, but I [also] created the Torah, as its antidote; if you occupy yourselves with the Torah, you will not be delivered into his hand, for it is said: If thou doest well, shalt thou not be exalted?'"

d. In particular study about this subject.

4. Do physical exercise

a. It provides the body with a lot of what it really needs and keeps it satisfied

5. Pray to G-d for help - He does help even if it does not seem so at times. Life has its ups and its downs and that is just the way it is.

6. He will give you the strength to see yourself out of this - you will be happy you did (for the above 90,000 reasons)

*This message has been made possible by the teachings of Rabbi Abraham Twersky and Rabbi Noach Weinberg (??).

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by tehillimzugger - 13 Feb 2012 11:21

Thanks Mr. Anonymous [or is it Mr. Seventeen? ;)] for a very enlightening post.

Perhaps it's even better than the general "welcome package" I just delivered to Mr. Emunah.

It seems you will be a tremendous asset to this site, so I can't wait for you to introduce yourself in the "introduce yourself" forums...

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by 5770 - 16 Feb 2012 04:56

#69

EVEN IF YOU KEEP IT SECRET, YOUR WIFE FEELS IT AND SHE WILL HATE YOU

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by mayimtehorim - 21 Feb 2012 20:00

#70 - you know your shalom bayis is way better when you are clean!

#71 - when you have nothing to hide, you can be honest with the entire world and never fear being discovered.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by geshertzarmeod - 21 Feb 2012 23:21

#72 forgive me if this was said already

[glow=red,2,300]??? ???? ??????

i couldnt tell if it was already mentioned because I kept getting lost in the list.

but there's a long way to go. so an extra one wouldnt hurt.

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

Posted by mifatfait - 26 Feb 2012 23:16

all the minutes of waste sink into oblivion, never to return (I'm working on one day at a time).

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