

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 5770 - 01 Apr 2012 01:34

#74

Even "just looking" hurts your family - and is very hard for them to recover and forgive

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

Posted by Winner - 05 Apr 2012 09:30

and you'r gonna beat the ??? ???"

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

Posted by E-Tek - 15 May 2012 23:06

You are damaging your relationship with Hashem, and losing your ????.

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

Posted by interveltnik - 16 May 2012 02:25

When getting emotionally very connected to hashem (ex: yom kippur by ne'ilah) one can feel like a son to hashem wanting to b close to him and do only what he wants for no reason at all, just for being accepted and loved by Him. It is then that we can make a real commitment never to fall again. This commitment by me lasts for a few months...eventually the addiction will pull me back down...and the struggle goes on...

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

Posted by E-Tek - 17 May 2012 02:44

And then it was worth a few months. What works, works. No one says no to \$200 for one hour's work, even though at the end of that hour there's no more money earning.

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

Posted by ontheedgeman - 31 May 2012 00:19

Play down the benefits, and remember the negative consequences from last time.

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

Posted by shlomoy - 04 Jun 2012 10:48

and really thats not a Schar at all, because the act itself is full of remorse and regreatfullness. (if we understood this we would have not been adicted at all but of course thats what the Y.H. makes us belief)

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

Posted by better - 04 Aug 2012 19:09

I came across a quote in a book called "Out of the shadows" by Patrick Carnes....that said that sexual addiction is like "Athletes foot of the mind"

I think this is a helpful description

1. Like athletes foot it returns everyone in a while
2. Like athletes foot it is hard to get rid of, ugly and pesky.
3. Like athletes foot it gets better if you keep it clean and don't mess with it
4. Like athletes foot it is definitely beatable
5. Unlike athletes foot it very important to get rid of it.

The ONLY way to get rid of this is to keep away from the things that irritate it.

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

Posted by YairA - 02 Sep 2012 01:21

To highlight the supreme stature of living a life of holiness, we will list [in the coming days] 80 more outstanding virtues of shmiras habris, as compiled by the Torah giant, Rabbi Aharon Rata, in his book, "Taharas HaKodesh." In the original Hebrew text, Rabbi Rata brings sources for each entry in the list. Chizuk email 204-207

#80?

The person who guards the Brit is the pinnacle of Creation, and the world is upheld by him.

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You will become apathetic

Posted by 5770 - 04 Sep 2012 20:54

You won't notice it at first, but it's effect is cumulative

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

Posted by YairA - 23 Sep 2012 02:55

#82 There is no nation in the world that can rule over Israel in the merit of those who gaurd the brit

**83 It is as if he kept the whole Torah

*84 He will merit to greet HaKadosh Baruch Hu in the next world, the greatest possible pleasure

*85 He will merit to achieve the completion of his souk

*86 he will merit that the Shechina not depart from him.

*87 he is called a man of valor

*88 HaKadosh Baruch Hu attired him with the attribute of splendor

*89 he merits to cleave to God

*90 Hakadosh Baruch Hu will hill him from all his pain and ailments.

*91 he draws favorable blessings on himself and his family

*92 Hakadosh Baruch Hu gaurds over him, and nothing can cause him harm.

93 Hakodesh Baruch Hu takes pride in him every day

94 Hakadoh Baruch Hu remembers him every day

95 he is called flawless

n

96 he is called a Tzadik

97Blessing first come to him, then to the rest of the world

98 he merits righteous children

99"Duma" and all the destructive angels do not have permission to come close to him

100 ??

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

Posted by stayrein - 26 Oct 2012 00:59

I makes me feel miserable afterwards.

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

Posted by Snow - 07 Nov 2012 05:05

One thing is for sure. If you want to make things worse: act out.

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

Posted by mr. emunah - 07 Nov 2012 18:36

Yer gonna frikkin' want to kill yerself afterwards!

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

Posted by melost - 28 Nov 2012 16:57

remember how u felt the last time AFTER you acted out not while u were ;D

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