

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 Awesome - 17 Feb 2016 15:28

When you act out you lose any of the goals you are working on.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by cordnoy - 17 Feb 2016 15:31

[Awesome wrote on Unknown:](#)

When you act out you lose any of the goals you are working on.

firstly, you don't lose the goals.

Secondly, who cares? Make new goals!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by markz - 17 Feb 2016 15:42

[Awesome wrote on Unknown:](#)

When you act out you lose any of the goals you are working on.

Awesome goals you have

But some of us have a goal of acting out, and "when you act out you fulfil goals.."

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by Mesayin - 22 Feb 2016 21:07

[markz wrote on 17 Feb 2016 15:42:](#)

[Awesome wrote on Unknown:](#)

When you act out you lose any of the goals you are working on.

Awesome goals you have

But some of us have a goal of acting out, and "when you act out you fulfil goals.."

Yeah, but deep down everyone has goals to become great, and those goals get lost. Ken nirah lan"d.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by musician - 24 Feb 2016 19:18

Because Hashem TRUSTED us, and **only us**, with this great Nisayon of staying clean in spite of the banging heartache during the battle until we say NO

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by cordnoy - 24 Feb 2016 19:59

[musician wrote on 24 Feb 2016 19:18:](#)

Because Hashem TRUSTED us, and **only us**, with this great Nisayon of staying clean in spite of the banging heartache during the battle until we say NO

I don't even know what "only us" means.

Additionally, you can't count.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by musician - 24 Feb 2016 21:25

Thousands of people out there don't have the nisayon we are, or at least, I am facing. They will never have to do this battle. They will never fall. But they will also never have the opportunity to do teshuva for this. That means they will never have the chance to bring into Hashem's world this heiliga energy of confronting the Yetzer Hara and winning that battle.

The fact that Hashem chose ME to bring this kedusha (of Saying No) to the world is by definition proof that I am able to do that. I am immensely proud that I was chosen for this mission. Hashem TRUSTED me.

I know that I betrayed that trust. But I'm back on the bandwagon now, and I'm fulfilling Hashem's mission. I am so full of happiness that I am performing this act of resisting temptation, which not so long ago seemed impossible.

Make no mistake, if I had the option to relive my life without this Yetzer Hara there is no question that I would do so; that's a no-brainer. And of course Echa Vaashuv is far worse still.

But my Reason To Say NO is because of that trust that Hashem placed in us, and only us (meaning that the Hamon Am who is not inflicted with this putrid Yetzer Hara were not entrusted with the Nisayon) to fight that ache when we are pulled in the wrong direction and lift ourselves high and say NO.

How can we turn Hashem down after he gave us this great opportunity?

And you're right, I'm not that good at counting.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by cordnoy - 25 Feb 2016 00:05

[musician wrote on 24 Feb 2016 21:25:](#)

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How can we turn Hashem down after he gave us this great opportunity?

And you're right, I'm not that good at counting.

While I might not agree with the sentiment, that was very nicely put.

Thank you

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by markz - 25 Feb 2016 00:25

So how does it work?

Every 20 words is a separate reason?

Are we up to #89,999 today?

ok good - one more to go - hurray

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by shmulyz18 - 25 Feb 2016 21:50

Whatever number this is, we Jews are supposed to be set apart.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by Dov - 15 Mar 2016 16:27

[shmulyz18 wrote on 25 Feb 2016 21:50:](#)

Whatever number this is, we Jews are supposed to be set apart.

What did that mean?

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by shmulyz18 - 16 Mar 2016 20:23

[Dov wrote on 15 Mar 2016 16:27:](#)

[shmulyz18 wrote on 25 Feb 2016 21:50:](#)

Whatever number this is, we Jews are supposed to be set apart.

What did that mean?

It means that Jews are **not** supposed in engage in perverse sexual acts.

If the Jews at Har Sinai had done things like this, HaShem would wipe them out.

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

Posted by Dov - 23 Mar 2016 16:58

Sorry shmulyz, but that is totally irrelevant.

To anything.

Your black and white thinking, self-bashing, and religious-izing the thing is falling on *your own* deaf ears, man. For if it really had meaning to you, you'd get whatever help you really need to get and stay clean.

Are you? I do not know, so I am asking.

Talking big and making sweeping statements about *what **should** be*, does nothing. Getting all 'fired-up' does nothing real, either, but does sound very patriotic and proper. And yet it's funny how unpatriotic and un-proper we behave with ourselves in the bathroom just a few hours later, no? I've been there, that's how I know.

And I think that when a person gives up pretending that they are living in *what **should** be* and instead starts to accept *what **is*** and starts actually dealing with it where they are, they will start getting better with Hashem's help. Not before.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less
Posted by shmulyz18 - 23 Mar 2016 18:10

You're right, Dov.

I am trying to stay clean and keep getting help.

I do think about holy things throughout the day. But when I'm in private, I start lusting.

What I meant earlier was that we ***should try*** to be set apart. We should also think about davening when a lust attack comes on.

I am doing better, Because I do have a filter.

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