GYE - Guard Your Eyes Generated: 23 August, 2025, 17:36

Ssa help Posted by Evedofhashem25 - 30 Oct 2012 15:37
just went on a Jim weekend which helps with ssa issues if anyone wants more on this message me I think it's very crucial for the journey
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Re: Ssa help Posted by Antartic - 04 Dec 2012 23:32
- Help! Help! Somebody stole my truck!
-4x4?
-Hmmmmmmm 16 Now help me find my truck!!!
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Re: Ssa help Posted by nederman - 05 Dec 2012 01:20
Antartic wrote on 03 Dec 2012 05:51:
You're right So what are u suggesting is that a person can control himself just making consciousness?

I am suggesting that there is a feedback loop from your own behavior to your beliefs. If you stay sober through a neder you'll just reinforce the belief that you have no choice.

You see that in the concept maris ayin, you are not allowed to behave in a way that could be *interpreted* to conflict with the Torah. I am not talking about the Torah now, I am just making an example that you are probably familiar with. Maris ayin applies even to a Jew who is alone. That's because you watch *your own* behaviors and you process them and reinforce certain beliefs. Behaving as if you are overwhelmed may keep you sober but it does not remove the wrong belief that you are overwhelmed. You are not overwhelmed, you act out because deep down you think this is your best chance at happiness. Even with the pain, with the depression etc. you still believe that.

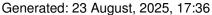
Personally I do believe that the power we have in our minds it's very very strong and I agree 100% that a guy can control himself, his taavot, feelings, midos, etc with his mind.

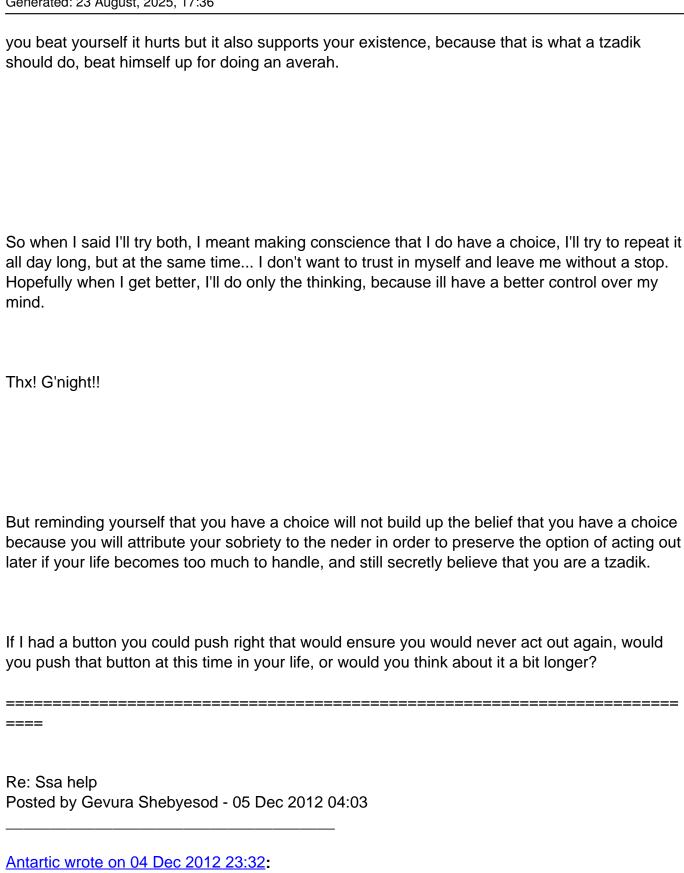
R' Zelig Pliskin talks a lot about that in his books.

But I think we are too weak to try that method, I think our desires are much stronger that our mind, that is why I found a better way to stop the Taphsic method, (although the cognitive way is much more "civilized" because it implies thinking and not controlling yourself by external factors)

Since secretly it's your choice to act out you are not too weak. You act out *because* you believe you are too weak. Eventually you give up trying and start thinking about sex. If you never did the yetzer ha-ra could do nothing.

Believing that you have no choice allows you to secretly tell yourself that you are a tzadik. When





- Help! Help! Somebody stole my truck!

-4x4?
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Here's a truck just for you! ;D
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Doy Coo holp
Re: Ssa help Posted by Antartic - 05 Dec 2012 20:06 I remembered someone likes trucks
nederman wrote on 05 Dec 2012 01:20:
If I had a button you could push right that would ensure you would never act out again, would
you push that button at this time in your life, or would you think about it a bit longer?
Hmmmm I suspect this is a tricky question
Obviously i'll push it, no doubt.

Great. Believe it or not, many people want help but they don't want to push the button, because they don't know what's on the other side, but it sounds as if you can visualize it right now. Yes, it

Posted by nederman - 05 Dec 2012 23:01

affects every part of your life.

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