

why should I stop

Posted by benyakov - 10 Aug 2016 15:39

I've been thinking and listening. my question is what is the reason to stop doing this shmutz?

I feel the drive to stop needs to be because this shmutz is killing me ruining my marriage, integrity, morals, everything that's important to me.

my wife was telling me. why can't the drive be

because it's low and disgusting.

I told her but that's where I'm at. I enjoy low disgusting things. I can't stop because of such a reason.

I also think I can't stop because hashem said it's wrong. that never stopped me in the past.

am I on the correct path of thinking?

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Re: why should I stop

Posted by serenity - 10 Aug 2016 17:09

Yes, correct.

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Re: why should I stop

Posted by 360gye - 10 Aug 2016 19:33

you are absolutley correct that the reason to stop has to be because the smutz is ruining your life, marriage, integrity, etc. I think if you are hones twith yourself you will find that the shmutz is in fact ruining your life, marriage, etc.

If you need any help feel free to email me(360gye@gmail.com)

Good luck on your journey

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Re: why should I stop

Posted by benyakov - 10 Aug 2016 19:38

does that mean I really don't have any yiras shomayim?

after all I when I acted out I didn't care. in order to stop I'm not doing it for hashem.

yet the only way I will succeed is with the help of hashem.

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Re: why should I stop

Posted by Markz - 10 Aug 2016 19:57

Is yiras shamayim the reason you don't jump off the George Washington bridge?

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Re: why should I stop

Posted by serenity - 11 Aug 2016 12:41

No it doesn't mean that.

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Re: why should I stop

Posted by dovb - 11 Aug 2016 14:10

There is a great series on the YU Torah app (A great app by the way, it can keep you busy with interesting topics and stay away from Schmutz.) from Rabbi Moshe Weinberger called Chaburas Yosef Hatzadik. There he pretty much tells you what's the purpose of stopping.

Hatzlacha.

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Re: why should I stop

Posted by KidusHashem - 11 Aug 2016 16:34

For me, lust (or "shmutz") is a disease based on selfish attitudes and outlooks. The world revolves around me, myself and I. At times when I was driven to some degree of introspection and I felt bad about my life situation, I would attempt to convince myself that I should stop because this behavior was "immoral" and lowly. That usually helped for about 5 minutes.

One of the "paradoxes" of my recovery from selfishness, is that it was driven by selfishness.

It couldn't have happened any other way, because I was selfish, through and through! As sad as this sounds, I could not muster enough "Yiras Shamayim", love, or any other altruistic motivator to help me stop. I stopped because I had suffered enough pain and I wanted out. So I got help and things started to turn around.

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Re: why should I stop

Posted by Eyeglasses - 11 Aug 2016 17:19

Reb [benyakov](#)

Do you want to struggle with these issues when you'll be 30, 40, 50, 60 and so on? I'm sure not.

So you better start working on it now, if not you might come back here when you'll be 65 years old crying and yelling.

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Re: why should I stop

Posted by Shlomo24 - 11 Aug 2016 18:13

[Markz wrote on 10 Aug 2016 19:57:](#)

Is yiras shamayim the reason you don't jump off the George Washington bridge?

I don't know if you got that from somewhere, but that is the QUOTE OF THE YEAR!

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Re: why should I stop

Posted by benyakov - 11 Aug 2016 18:18

thanks everyone for responding and yes I am working on this because it's killing me.

what I think about the yiras shomayim, is that

the reasons I was not michalel shabbos ch"v,

or eat trief. is because of an imaginary yiras shomayim.

the Hashem that I call out to now every day when I wake up and say: Hashem I'm sick help me
that I shouldn't lust. that's the real Hashem who's with me and loves me and waching me.

it's that Hashem that I need to bring into all my actions.

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Re: why should I stop

Posted by doingtshuva - 11 Aug 2016 19:29

"???? ???? ???? ?? ?????".

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Re: why should I stop

Posted by benyakov - 16 Aug 2016 17:08

KH is it possible to turn it around?

to say hashem help me first, and then think this lust is going to kill me.

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