

The best way to quit

Posted by anonymous\_14 - 19 Apr 2016 06:47

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Do you think you can continue to do this and get away with it forever? If you do not consider your ways, this is a vicious habit that can only get worse.

*"There is a small organ in a man, if one feeds it - it is hungry, if one starves it - it is satisfied. "*

You can't even say that you will control this habit (do it off and on in a controlled manner). As many cigarette smokers will testify, there is no way to master the habit. One is either an "avid smoker" or not. The negative side of you always takes over because you are not directly fighting the misdeed.

*One who says, "I will sin, and then repent, I will sin [again], and then repent," will not receive an opportunity to repent*

#### Mishna Yoma 8:9

If one cannot continue doing it forever and one cannot really control it , then one can only quit permanently. Why not go full force, quit now, enjoying all the benefits it entails (health, wealth, relationships,...), instead of waiting 10 years and then regretting the time lost, along with the opportunities, money , etc....? Good question!

It is very difficult to quit any habit, how do you quit this habit?

The very best way is through daily Torah study.

*"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."*

Some quotes (from "Holy Nation") as to how Torah helps overcome this habit:

- One cannot claim that the evil inclination forced one to sin. Hashem created the evil inclination yet created the **Torah** as its antidote.
- Learning **Torah** removes thoughts of sin.
- The evil inclination can be overcome through **Torah** study
- Learning **Torah** is so strong it can take one out of the lowest levels of impurity.
- One who consistently sets time to study **Torah** every day will merit the ability to free

oneself from sins

- Through **Torah** study one attains da'as. Strong da'as allows one to fight sin.
- The yetzer tov is given the power to overcome the yetzer hara when one learns **Torah** intensely for its own sake, to draw closer to Hashem and bring Him joy.
- One's thoughts turn towards lewdness, if one does not set times to learn **Torah**.
- One frees oneself from inappropriate thoughts through words of **Torah**. Immoral thoughts only enter a heart that is devoid of wisdom.
- Bris and **Torah** are interdependent. By guarding the bris one merits great growth in **Torah** and vice versa. That is the meaning of the statement in bentching (after-blessing on bread) "And for the bris that You sealed in our flesh, and for the Torah that You taught us..." (Rabbeinu Chaim Phalagi-Nefesh Kul Chai).

An excerpt from a pamphlet called Shmirat Habit (available for download on this site) concerning the 12 step Torah approach to overcoming porno addiction.

1. We admitted that we were powerless over lust -- that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves, the One and Only Creator, who gave the **Torah** to His nation Israel, could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of G-d, and to cling fast to the commandments and the teachings of His **Torah**.
4. We admitted to G-d, to ourselves, and to others, especially to a **Torah** scholar, the exact nature of our wrongs, and made a commitment not to repeat our mistakes.
5. We were entirely ready to put our trust in G-d and have Him remove all of our transgressions through our heartfelt t'shuva, and to trust Him to help us correct unhealthy character traits, and to rectify our moral shortcomings and the spiritual damages we caused. We humbly begged Him to remove our shortcomings and forgive our sins.
6. We took upon ourselves to immerse in a purifying mikvah as often as we could.
7. We took it upon ourselves to stop gazing at women, and pictures of women, whether on the Internet, cell phones, TV, the movies, in magazines, or in the street.
8. We set upon a course of constant t'shuva , making a daily personal inventory, and if we erred and sinned as before, we promptly admitted it.
9. We fervently prayed to forge a constant, joyous connection to G-d, and spoke to Him out loud, on a regular basis as a man speaks to a friend, admitting our weaknesses and fears, and asking for His help in all of our doings, placing special importance on the recital of Tehillim, and the Bedtime Shema with great intention, and the midnight lamentation " Tikun Hatzot " over the

destruction of Jerusalem, and special prayers called " Tikunim " designed to rectify the damage we caused to the Brit.

10. We took upon ourselves a loving, joyous, and diligent commitment to Torah study for its own sake, including the study of the secrets of **Torah**, applying ourselves to the learning with the same fervor and passion we once wasted on vanity, and we sought out holy Jewish sages who could help illuminate our learning, knowing that it was in the power of the holy Hebrew letters of the **Torah** to heal the damage we caused to oureyes, to our souls, and to the world.

11. We took upon ourselves a new heightened level in the fear and reverence of G-d, including a heightened concentration in our daily prayers, in the recital of blessings, and in the proper performance of the commandments, including (for married men) the sanctification of the marital union, accepting stringencies upon ourselves, rather than pretending that immodest behavior was perfectly all right.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles with all of our strength and with all of our hearts, with the supreme joy of knowing that G-d has forgiven us and created us anew. While the sexual urge is one of man's most powerful passions, a person can find strength in the teaching of our Sages that when someone tries to purify himself even a little, he is purified greatly from Above (Yoma 39A). The battle to overcome the "yetzer hara" (evil inclination) is fierce, but, with G-d's help, success is within everyone's grasp.

To someone that wants to begin I would recommend he download some e-books from this site and begin serious study on the subject. To make this a habit from today on. You wont regret it.

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Re: The best way to quit  
Posted by Shlomo24 - 11 May 2016 14:06

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[cordnoy wrote on 10 May 2016 19:13:](#)

[Shlomo24 wrote on 10 May 2016 17:48:](#)

And I am the longest I have ever been sober. Coincidentally, I post the most I ever have... Let him post all he wants, but I find it funny.

And I find some of the responses sad.

Yeah. Like I said before, it's funny/sad. I think, for me, that the humor stems from the fact that it's so sad.

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Re: The best way to quit  
Posted by mirror - 11 May 2016 14:50

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Whats so sad? I think the sad part is that someone actually invested time and energy in going the torah way (which many say is a source of the 12 steps) on a site used largely by torah jew, and he's mocked and laughed at. don't you think that if we invested the same energy and diligence in the torah sources as we do in the 12 steps, we can also do well there. People here quote reshonim on the 12 steps, rabainu steve, bob, and others. Its great that we are working a recovery program so diligently, but don't say that the torah won't work for us. The 12 steps are common sence steps to deal with daily living. It is presented in a neat and orginized way, so we use it. Great. It works for many, although not for all. Why not? Maybe those people didnt do it right, or maybe they had a different sort of problem. different ways work for different strays. As Dov said, most people on gye are not addicts, let them use their way and let them post about it, just like those who are addicted post their way.

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Re: The best way to quit  
Posted by cordnoy - 11 May 2016 14:58

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[mirror wrote on 11 May 2016 14:50:](#)

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I don't know who you are referring to, but I specifically said that some of the responses were

sad.

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Re: The best way to quit  
Posted by mirror - 11 May 2016 15:09

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Yes, i was refering mostly to a general attitude.

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Re: The best way to quit  
Posted by realsimcha - 11 May 2016 15:20

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Mirror, just to clarify: Whatever works. Especially if its the Torah way. The issue here is that alot of us look at this site as an opportunity to honestly share our struggles and our journey. We hesitate to pontificate - to darshen blaa"z. Sure those maamarei chazal are amazing. Truly. I for one would love a follow-up post about how to implement that in daily life and what to do if its not working ...

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Re: The best way to quit  
Posted by mirror - 11 May 2016 15:37

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Realsimcha, can i just change one word that you wrote. Maybe i am a fanitic, but i truly believe that if "*it's not working*" it's actually that **we're** not working. I'm not knocking the 12 steps, i am learning them too and they help many people. But they are what 100, 200 years old? less? We have a bigger book thats over 5000 years old that has been added to constaintly over the years, and for the most part we have no idea how to get sober using it. I use the 12 steps because i have people in my situation who teach it to me. It's sad but true but i don't know of any large group that can teach and apply the torah way. What gets me upset though is when i hear frum people saying that if you are a frum jew who learnt torah and acted out anyway, then obviously the torah isn't working for you. How about we arent working the torah. L'havdel it is like reading the white book in your second language without thinking and applying it in earnest every day. The 12 steps won't work then either.

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Re: The best way to quit  
Posted by stillgoing - 11 May 2016 15:59

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Mirror, not to argue with what you wrote, but a danger with posting a post like the one in the beginning of this thread is that people who are coming on this site for the first time, will see that as advice for the masses and although it is true, as you yourself said we do need someone to teach us how to do it from the torah (with the exception i believe, of davening. Anyone can do that) Often just sayin the words won't be enough, so a newcomer will get very discouraged and may give up without realizing that he was doing it without guidance. Other methods here, although not from a devine source, do at least have people teaching them who have expereince in trying them.

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Re: The best way to quit  
Posted by mirror - 11 May 2016 16:27

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But i thought that the fourm posts were different then the articles. The fourm is not professionals. Just regular people who are posting what works for them.

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Re: The best way to quit  
Posted by skeptical - 11 May 2016 17:00

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There is a lot of content on the site.

People will do what they ultimately find works for them.

There are things that I agree with on here, and things I don't agree with.

If I come across something that goes against what I find is true for me, I have a choice. I can either ignore it, or ask for clarification.

Back in the day, GYE was a place where everyone got along. There was no belittling, and there was no telling off. Sure there was the occasional argument, but it was done respectfully.

I hope we can go back to that.

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Re: The best way to quit

Posted by cordnoy - 11 May 2016 17:03

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Once again, the gye editor blew up my post.

Oh well.

I will try again, but much shorter.

Mr mirror, welcome.

What has been your story?

Many have argued that the Torah and mussar approach should be used for recovery, but sadly, we have no record of that working for too many people, if any at all. Some have posted that it is the way or even the only way, but they didn't stick around long enough to tell us the outcome.

I do not think the initial poster should be mocked, but it would be nice to hear his story (and yours as well).

B'hatzlachah

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Re: The best way to quit

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Posted by cordnoy - 11 May 2016 17:06

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And skep, although I agree with you (and I can be nasty as well), I don't think it's completely a new problem. Peruse the old threads; I'm not sure "respectful" is the word I would use for some of them.

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Re: The best way to quit  
Posted by realsimcha - 11 May 2016 17:11

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[cordnoy wrote on 11 May 2016 17:06:](#)

And skep, although I agree with you (and I can be nasty as well), I don't think it's completely a new problem. Peruse the old threads; I'm not sure "respectful" is the word I would use for some of them.

Anyway, what's wrong with people speaking up and speaking their minds? We are all so different, shouldn't we debate and argue about what's important to us as Jews have done for 3000 years? Of course we have to be respectful. Of course we have to refrain from name calling. But do we have to say, "Whateva man... its all good... peace out bro'..." to everything? Let people speak up and say what's on their mind. Isn't that healthy?

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Re: The best way to quit  
Posted by mirror - 11 May 2016 18:32

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[cordnoy wrote on 11 May 2016 17:03:](#)

Once again, the gye editor blew up my post.

Oh well.

I will try again, but much shorter.



Mr mirror, welcome.

What has been your story?

Many have argued that the Torah and mussar approach should be used for recovery, but sadly, we have no record of that working for too many people, if any at all. Some have posted that it is the way or even the only way, but they didn't stick around long enough to tell us the outcome.

I do not think the initial poster should be mocked, but it would be nice to hear his story (and yours as well).

B'hatzlachah

Thank you. (If this was the short one i can only imagine the long one...),

It would be nice to hear an update from anon, as for my own story i prefer to skip the intro for now (if thats allowed). I'm not completly new here.

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Re: The best way to quit  
Posted by skeptical - 11 May 2016 18:39

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Sure -

Ask questions on what was written.

You can ask about the guy's personal story, and he can share if he feels like it.

However, the first 3 posts after the initial one didn't do any of that. They were just straight out mocking and belittling. I take issue with that.

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