

The best way to quit

Posted by anonymous_14 - 19 Apr 2016 06:47

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 won't regret it.

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Re: The best way to quit

Posted by mirror - 12 May 2016 19:26

Hello, my name is Shlomo mirror, and at the advise of realsimcha, I am trying to be a mirror to what is in Shlomo's mind. Mind you, I am a distorted mirror (in the words of Peloni) and not an x-Ray machine, so I definitely could be wrong, and I hope Shlomo will tell me so.

Anon came on here offering advice that sounds to me and many others here as something that won't work. If he had tried it himself and had a good experience with it, then I'm all for sharing it. Even if I don't use it, someone else might.

The problem is, is that he never said a word if he struggles with the same issues as others here, and if he actually used this method with success. I should not have made fun of his post, but I do believe that pending conformation of this method actually working, it should be publicly discredited.

I believe I need to do this maybe because like stillgoing wrote, other new posters might get thrown off by his suggestion, or maybe for a different reason.

Maybe it just bothers me, after I spent so much time and energy (and money) working on my sobriety one day at a time, it hurts me to hear someone come and just blurt out an answer as if it's nothing. Let him try it in my shoes and then see if he still talks so big. And then there is that new mirror guy who- - never mind, I said I wasn't going to ridicule anymore.

So how off was the distorted mirror?

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Re: The best way to quit
Posted by stillgoing - 12 May 2016 20:26

[realsimcha wrote on 12 May 2016 18:51:](#)

Funny. When I was reading through the thread it felt like mirror wasnt getting shlomo's point. You know what would be cool? [And skep would approve :wink:!] If mirror would write a post being explaining shlomo's perspective. And then, if that is accurate, Shlomo can reply with Mirror's perspective. I wonder if something like that can work on our forum....????

Cool idea RS. Kudos to you.

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Re: The best way to quit
Posted by realsimcha - 12 May 2016 23:34

Mirror, I have to say that I owe you an apology. I thought you didn't get it. I didn't realize how serious, humble, and genuine you are. I give you credit for trying this, and even more, for [i think] getting it. I am sure - with those middos - that you have good things coming your way.

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Re: The best way to quit

Posted by mirror - 13 May 2016 00:42

No need for an apology. Clarity in conversation is a must. I noticed that Shlomo has not weighted in yet on how dirty the mirror was.

I would be curious if he touched on what i was trying to say previously, or if i was too unclear.

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Re: The best way to quit

Posted by markz - 13 May 2016 01:11

[mirror wrote on 13 May 2016 00:42:](#)

No need for an apology. Clarity in conversation is a must. I noticed that Shlomo has not weighted in yet on how dirty the mirror was.

I would be curious if he touched on what i was trying to say previously, or if i was too unclear.

I'm replying on behalf of Shlomo, because he was the one that called my name at the beginning of this thread.

[1 Minute Ago markz wrote on 13 May 2016 01:09:](#)

Skep...

What would you do if I created another 25 new threads repeating the same thing as this thread, and not reply ever?

You would be aggravated to say the least

Many people would be aggravated

People would drop -25 karma as many many people did to anonymous_14

WHY?

Because he doesn't have the decency to be open and frank with the GYE fellowship

anonymous_14 ignored BigMoish [here](#)

He has ignored many others

SELFISHNESS and addiction are related: Creating new threads which upsets members is selfish, and I have [asked him](#) to keep his posts to one thread (which will fill his needs of posting on gye without sharing his story which he's not ready to do yet)

The forum is designed for communication, not kamakazi speeches

WHAT IS THE FORUM FOR?

This is what gye says

One of the most powerful tools for breaking addictions is to **stay out of isolation**. The GYE forum is anonymous platform of group support, and a life-line of chizuk and support for hundreds of people in exactly your situation. See what others are doing to stay clean. Get and share advice with our vibrant community. Post on the forum to get support, tell your story, reach out for help when feeling weak and strengthen each other! You will never be alone in this struggle again.

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Re: The best way to quit
Posted by Shlomo24 - 13 May 2016 01:37

That was an erroneous thank you. Sorry Mark. I will respond on my computer. Later, iyh.

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Re: The best way to quit

Posted by markz - 13 May 2016 02:06

Dear Father Karma

The one that raised anon_14 from -35 karma

Please revert Shlomos ThankYou

Please remove my addiction

Muchö Graciās

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Re: The best way to quit

Posted by stillgoing - 13 May 2016 02:46

[Shlomo24 wrote on 13 May 2016 01:37:](#)

That was an erroneous thank you. Sorry Mark. I will respond on my computer. Later, iyh.

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Re: The best way to quit

Posted by Shlomo24 - 13 May 2016 03:27

How do you do that Mark?

In terms of the fairest of them all, you are spot on mirror. Almost exactly what I meant. I think that you were coming from a perspective that 1) It's not nice what I did, and 2) I shouldn't discount Torah. Is that true?

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Re: The best way to quit
Posted by mirror - 13 May 2016 04:26

Thanks Shlomo. I am only the fairest of them all when i am reflecting others.

To the 2nd point, i suppose that i did mention that on the last page, but my point now, was that, it is okay if you do not want to listen to what he said. But why can't everybody who disagrees with it just ignore it and go on to a different thread. I think the answer to that is the same reason that i am harping on what bothers me, which is the fact that others are harping on what bothers them... i guess that i am guilty of that which i accuse others of...., but then again, what else can you expect from a mirror...

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Re: The best way to quit
Posted by Moezat - 19 May 2016 22:06

Yeah from porn addictor to the high priestess

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Re: The best way to quit
Posted by Dov - 01 Jun 2016 21:46

Funny thread from start to finish, thanks!

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