

Three-Second-Rule & Other Ideas and Insights

Posted by Kedusha - 20 Nov 2009 15:51

[Moderator's Note: This thread was formerly called "Some Highlights from Addiction Therapist Michelle Rappaport"].

As you may know, addiction therapist Michelle Rappaport was a guest on Elya's conference call last night. I would like to share two important points that she made. Although this is not a word for word transcription, I've tried to retain the key words and phrases that she used.

1.) The "Three-Second Rule:" If you see something inappropriate, implement the "Three-Second Rule." Doing so involves three steps: *alert*, *avert*, and *affirm*. The first step is to realize that you're seeing something inappropriate. That's the "*alert*" stage, and it may take a second or two. The second step is to close your eyes or look away. That's the "*avert*" stage. These two steps should take place within [about] three seconds. The third step is to give yourself a mental "pat on the back," thinking something like "I saw that by mistake, and I quickly looked away. I'm still clean and, b'Ezras Hashem, I'm going to build on that, one day at a time." That's the "*affirm*" stage.

My analysis: Adhering to the Three-Second Rule appears to be fully consistent with what the Halacha requires, and will also prevent any "slips" within [rule #8](#) of the GYE Wall of Honor rules. This is crucial, because, as addicts, it's often the first slip that does us in ("just as an alcoholic needs to avoid that first sip, a sex addict needs to avoid that first slip").

2.) Using pornography today is 100 times worse than using pornography was in the past. Internet pornography, which is so readily available, is as addictive as crack cocaine. It used to be that there were people who used pornography without seeming to become addicted. That is no longer the case. Virtually anyone who uses Internet pornography is at high risk of becoming addicted. Regarding teenagers, especially, she indicated that addiction was a virtual certainty for those exposed to Internet pornography. Reason: no one knows about it, they're ashamed and won't tell anyone, and they'll keep wanting to come back for more. [The situation might be different if a parent (or other adult) finds out early on and intervenes].

The call was recorded (the recording can be downloaded - see post #6 below), and, hopefully, additional highlights will be transcribed. Highlights from the last time Ms. Rappaport appeared on Elya's call are available [here](#).

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Re: Three-Second-Rule & Other Ideas and Insights
Posted by Kedusha - 28 Sep 2016 15:08

Glad to be of service, Unanumun!

If you'd like to hear the portion of the recording that discusses the Three-Second Rule, go to the 6th post on page 1 of this thread, download the attached Mp3, and listen to these two segments: **30:47-32:11**

and **39:06-43:12**.

These 5 1/2 minutes have literally changed my life!

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Re: Three-Second-Rule & Other Ideas and Insights
Posted by Markz - 28 Sep 2016 15:43

[Kedusha wrote on 28 Sep 2016 15:08:](#)

Glad to be of service, Unanumun!

If you'd like to hear the portion of the recording that discusses the Three-Second Rule, go to the 6th post on page 1 of this thread, download the attached Mp3, and listen to 30:47-32:11.

These 84 seconds have literally changed my life!

Slow down not all of us are upto 84 seconds, were holding at 3 :-)

Thanks Kedusha. I'll have you in mind next time I have 3 seconds and say *Kadosh Kadosh Kadosh*

Have you seen what peloni said which nicely explains the idea of the seconds

THE 3 SECOND RULE: [The pasuk is telling us - do not follow your heart to take that second look](#) click to see what he said

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Re: Three-Second-Rule & Other Ideas and Insights
Posted by Kedusha - 28 Sep 2016 18:18

Update: As noted above, there are actually two segments, totaling 5 1/2 minutes, that discuss the Three-Second Rule: **30:47-32:11** and **39:06-43:12**.

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Re: Three-Second-Rule & Other Ideas and Insights
Posted by Kedusha - 28 Sep 2016 18:27

Also, the idea that Internet pornography is much more addictive than the pornography of the past can be found at **43:23-48:26**.

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