

90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by Shteeble - 08 Jul 2011 13:29

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Okay Chevra, we have 90,000 to go. Please keep to one reason per post, and 20 words or less per reason.

When you feel like acting out, make sure to read all 90,000 reasons why you shouldn't first.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by cordnoy - 27 Apr 2014 18:41

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I agree with MBJ and with Dov.

1...try what works, and make sure it's a real attempt. [This is a serious introspective point, for there are people that think they are doping religious things, or constantly talkin' with therapists, but really to no avail.]

2. What dov says about opening up in real time and place is crucial; I would just mellow it a bit. Go to an SA meeting (it doesn't have to be in your neighborhood). Open up to someone (even far removed from you). Take those steps slowly and carefully.

Final note: Take what everyone says here with a grain of salt (including and especially me). Someone says that you **MUST** know if you're an addict or not and we go ballistic! Oy! I do not know! what's gonna be? Someone claims this or that; they/we are all tryin' in someay to help. Most is from our personal experience. Not every person is the same; they hardly are. That is why a therapist, Rav or mentor is so important.

Final, final note (what happened to the 20 words or less??): I (as the mikvah thread can attest to) have opened up (and was brutally honest) to a frum therapist in Israel, to a frum quasi-therapist/friend here in my neighborhood, to many people here on GYE, and lastly joined an SA meetin' away from my neighborhood.

It was not before all those steps that I came to the realization that I am an addict (nurture or nature...who gives a @\$%?). I was an addict and am an addict, and for all probability, will always remain one. How do I survive (for I shall survive)? By focusing solely on the moment before me....not the past and not the future. Make the correct decision for now!

b'hatzlachah.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by R76 - 28 Apr 2014 05:58

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[cordnoy wrote:](#)

i did not come here because of the sin

i did not stop (for now) because of the sin

i did not become mean during my acting out

i was not depressed

it was enjoyable

the build-up was heaven

lustin' was excitin'

Definitely -- that is why it is so hard to give up. I have been clean almost seven months but I miss that time more and more. I have many different issues to deal with.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by R76 - 28 Apr 2014 06:05

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[Dov wrote:](#)

In the same exact vein, **lu yetzuyar that masturbating or using porn were a mitzvah for normal Yidden - it would be completely assur *for me*. For I am an addict.** I would have come to recovery (just as alcoholics come to recovery even though drinking is not a sin) because the way *I* use sex and lust is gluttonous and compulsive. It messes with my sanity and my life enough that I couldn't tolerate it even it weren't assur - nor even if it were a mitzvah!

I do not know if I am an addict in that respect. I have been acting out for many years but I have not suffered in this world -- perhaps I can even be called normal by contemporary American or Conservative Jewish standards.

I do have many other problems -- I am very lonely, I am severely depressed, I am unemployed and I do not like the area in which I have PhD.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by R76 - 28 Apr 2014 06:09

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[lightning wrote:](#)

Och, people, you really make me cry!!

How the HELL should i know if i am an addict or not?????

Isn't the fact, that i'm watching pornography since im 13, tried 10000 times to stop, married and continued to watch, have a double life( from outside a ben torah), spending hours over hours and days over days masturb. , therefore causing terrible pain to my wife AGAINST MY WILL, begging to Hashem to free me from this terrible behavior or to show me a path, having even sometimes suicide thoughts, - enough to tell that i'm an addict????

I am sorry -- you are SUFFERING from this. I did not SUFFER -- I am unmarried and up to

seven months ago lead a sexual life which would be considered normal by nonorthodox Jews -- I acted out about twice a week and had a large collection of magazines and DVDs -- all bought in regular shops. That is one of the reasons it is so hard for me to commit to change.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by R76 - 28 Apr 2014 06:13

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[Dov wrote:](#)

Second, and this may sound the same but it isn't: **really** try other things. Emphasis on 'really'. Like the Kotzker would say, the opening can be the size of a needle-eye - but it needs to be m'eiver l'eiver (through and through)...in other words, REAL. Over the years on GYE I have met dozens and dozens who have said things like y'all have here and even shreid gevalt saying "I'll do anything, anything!" - but they won't go in person to an SA meeting in their neighborhood - they won't even *talk* to another real sexaholic in recovery on the phone - and if they do, they will still use their fake GYE names or their 'middle' names, or they davka use a 'Google number'. Why the fear? What's the shame? I thought he was willing to do anything!? It obviously is just a

Dov

Maybe part of me does not want to change. Definitely I have some desire to change as I have been ``sober" for seven months. How can I get in touch with telephone partners?

The other issue is that it is hard to for me to talk about the wrong I am doing. It is much easier for me to talk about the ways in which I am suffering.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by cordnoy - 28 Apr 2014 06:14

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[R76 wrote:](#)

[cordnoy wrote:](#)

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Definitely -- that is why it is so hard to give up. I have been clean almost seven months but I miss that time more and more. I have many different issues to deal with.

i remember visitin' hell twice....it is not a place i wanna return to right now.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by tryingtoshteig - 29 Apr 2014 17:53

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[Dov wrote:](#)

But there is another point to be made here: The Nuclear Reset Button.

Can someone post that here? I am not sure how to do it but will goof about and try if no one else can do it.

## The Nuclear Reset Button

Dov wrote:

And it may sound obvious...but it's not:

Tehillim, kedusha, and even the 12 steps with meetings, sponsors, written stepwork, and regular phone calls whenever in trouble, etc - none of them work at all if we still do not really need to stop.

See, right after we masturbate, everybody wishes they'd stop! So us frum guys suffer so much, struggle so hard, and fight tooth-and-nail (all l'Shem Shomayim, of course). But we just don't feel right, do we?

There is only one surefire way we all know to bring our dirty, yucky, painful selves close to Hashem - really honestly close:

masturbate again!

Within a minute or so we find that we are dropped cold out of lust like a rock. Brought to our humble, reeling, holy senses again like the worst cold shower in the world. It's horrible five minutes later. We become frantic to finally fly right, despondent, ready to reach out like never before..."I'll do anything to quit and not fall the next time!" See? We are brought back to our senses! We wanted nudes five minutes ago - and now, all we really want is sweet tahara! Because we masturbated and 'got it over already'.

It works every time. It's the nuclear reset button, isn't it?

After our painfully intense 'zera levatola', life and avodas Hashem suddenly and painfully makes

sense again. Sure we are farther away - but at least we are in the game again! ..or so we think. The sex obsession is blown out of us, gone. Holiness is again in view, at least. Menucha...

...for about a day (maybe)

Maybe I became willing to start recovery because I got tired of reset buttons, that's all? While we are flaming addicts, there eventually comes a point at which we realize that in order for us to live successfully we do not really need to give in and end the game by masturbating (again) so that we return to our holy senses. This is a total shock to a frum porn and sex addict.

We always saw our lusting, fantasy, and sex-with-self as the opposite of our avodas Hashem...and surely, the lusting and the fantasy always are. But not so the zera levatola! So often we held our breath, counting the days till....till it built up to a crescendo of crushing tension. Then we used the good old nuclear reset button - ending the game. We just couldn't take it any more. How long can you hold your breath? Eventually, everyone who is holding their breath needs to come up for air! So we fall, R"l. "It's Game Over, I guess," the poor guy says.

But it's not really ending the game at all! It's just starting a new game!

Anybody here who has ever been addicted to computer games knows exactly what I mean, here, by "GAME OVER" just being a reset button. Think it over.

Hatzlocha using this.

(Hatzlocha using anything! )

p.s this post can be found [here](#)

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by Atzmosyosef - 10 Jun 2014 17:49

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# Whatever it is

Look at some pointers from DOV - that guy cuts through the surface.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by anonymous\_14 - 18 Jun 2014 11:58

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1. Affects mental health
2. Weakens moral character
3. Leads to more sin
4. Causes health issues
5. Confuses and dims emotions
6. Leads to immorality
7. Can become addictive
8. Makes you less reliable
9. Weakens and harms relationships
10. Leads to further disappointment

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less

Posted by anonymous\_14 - 18 Jun 2014 12:39

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1. It is good for your health.
2. It is good for your business success.



3. It is good for your relationships.
4. It is good for your loved ones and friends.
5. It is good for your continued success and happiness.
6. It is good protection against wicked people.
7. It is good for love, purity and to keep your good middot.
8. It is good for learning and understanding about this world.
9. It is good for improving the bad moments in life.
10. It is good for having the ability to do mitzvot properly which improves connection to G-d.

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Atzmosyosef - 02 Jul 2014 14:25

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Well done anon !!!!

I really liked the way you contrasted those 10 statements.

Like the asseres Hadibros !

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Val - 27 Jul 2014 04:36

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It's a trick. Don't short circuit yourself! If you are married then get more creative with your wife, re-kindle your relationship with her! She is the key for you.

If you are single then don't give up on finding a wife! Re-direct your energy towards that goal.

Lastly, get on your knees and pray to Hashem! **Beg and plead and cry** and keep doing it over

and over and over again. Be a pest to Hashem! I did it and personally received a miracle sealing against acting out that has now lasted 30 days!

Val

I love you guys and this site is awesome!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by Pidaini - 27 Jul 2014 16:52

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Welcome Val!!

it's great that you're here!!

Don't be a stranger, tell us about your struggles, how you are staying clean, and more!!

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Re: 90,000 Reasons To Say NO to acting out.... in 20 words or less  
Posted by dd - 28 Jul 2014 18:14

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Welcome Val!!

great to have you here, keep on posting and let us know how your keeping clean, the davening

thing is for sure the greatest tool i guess thats whats helping you most but let us in on what else is going on,

KUTGW and KOP(praying, posting)!!!

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