

## 11. Breaking the Cycle

Posted by mnman415 - 26 Oct 2010 01:58

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We must recognize how insidious the addiction is, how it continues to tell us lies, getting us to act out again and again. Each time we act out, we make it harder to heal from the disease in the long term. Therefore, we must do everything in our power to break free of the vicious cycle now, by taking the necessary steps to break free. As long as we are still caught up in the cycle of addiction, we cannot begin to heal. And the nature of the addiction is such that we cannot think our way out, we need to act our way into a new pattern of thinking.

Often we thought that if we would only feed the lust a little bit more and give it what it really wants, it would leave us alone. But it is exactly the opposite. Chazal understood the nature of this addiction, and they said one statement regarding these areas that really sums it up well: "There is a small organ in a man, if one feeds it - it is hungry, if one starves it - it is satiated." As the saying goes: "The less you feed it, the less you need it." Although it feels hard at first to cut down, and we may likely even experience withdrawal symptoms for a while (see this PDF), the more we successfully stop acting out in the short term, the easier it will get in the long term. Knowing this Yesod can make a huge difference. (See also this page for more on this).

We must realize that the Yetzer Hara/addiction wants our soul, not the pleasure. Otherwise, why is a thousand times never enough? Keep this saying in mind: "Just once is always too much. A thousand times is never enough." We cannot bargain with the addiction. Half measures ultimately amount to nothing. Isolated incidents of control are not important, it's the overall pattern. Staying stopped is the issue. We must realize that we were acting insane. It's not sane to repeat self-destructive behaviors. This is, in the most literal sense, a life and death struggle for our souls.

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## Re: 11. Breaking the Cycle

Posted by mnman415 - 26 Oct 2010 02:09

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there is a cycle of this addiction, we have a fall after fall after fall etc. each of these falls makes it harder in the long run. however IF someone wants to start fighting, he has to work on himself, he must break the cycle. as an addiction, we cant just think about how bad it is, we must ACT OUR WAY OUT. when we do something for so long it becomes a "habbit" for example if someone mast\*\*\*\* and looks at p\*\*\* it becomes a habbit and then it becomes an addiction. so we have to break the cycle and get into a habbit of NOT looking at p\*\*\* or mast\*\*\*\* and eventually the way you act will get rid of the addiction.

this addiction is not like eating. when i eat, i get a salad and then im not starving anymore then i get a steak and now im satisfied and then i get a dessert and now im full.

with this addiction, we start off and say just a small bite, but we get more hungry and more

hungry and the more we do it, the more addicted we get.

based on this, we must understand that even ONCE is already WAY TO MUCH. and its about stopping. every time we stop, we get more satiated.

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