

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 - 19 Apr 2016 07:13

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OMG This just takes the cake. Rotfl. Have fun Mark.

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Posted by markz - 20 Apr 2016 22:04

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sorry you missed the Most fundamental post on gye

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Re: The best way to quit  
Posted by Achareimot - 01 May 2016 17:11

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G-d kept sending lectures about wasting seed from Rabbis that I could not help but to notice the pattern - after watching like 20 hours of lectures about the deep meaning of Torah text and what is really happening and why it is happening and what will be the outcome of this - I realized this isnt a joke. These lectures are so much info, it scares the heck out of anyone who is doing this act. I can attest to many of the things they were saying in the lectures because I ahve seen it with my own eyes what they were talking about.

Look up Wasting Seed on Youtube from Rabbis like

Rabbi Yosef Mizrachi

Rabbi Yaron Rueven

Rabbi Dror Moshe Cassouto

Rabbi Alon Anava

After watching many videos from these guys, and I am sure you will be done - once you realize what you are doing to your soul and what will happen to your soul and what is happen to your soul now 'this one I know is true'. You will not touch yourself again - after realizing what you are doing and you still do it after watching many videos each on each rabbi - then you are just that far gone, I am not sure why you even care - These videos will scare the heck out of you - but watch them is you want a REAL CURE.

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Re: The best way to quit  
Posted by markz - 01 May 2016 17:23

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"Afterdeath" have those lectures helped you get clean from porn?

Do you know what porn is?

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Re: The best way to quit

Posted by thanks613 - 01 May 2016 19:33

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Anonymous and Achareimot - If you have found success through this method, please share your story. We would be interested to hear.

Anonymous - if you ever read what people reply to you, then you might like to know that many people have tried your methods, and have failed.

"Many did like R' Shimon and did not find success, many did like (R' Yochanan) and found success" (Gemara Brachos somewhere, 28: maybe?)

If you have personal advice or guidance to share, that might be helpful. Otherwise, are you writing these for yourself or for others? It's a free country I guess..

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Re: The best way to quit

Posted by abd297 - 01 May 2016 23:31

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I don't even want to start here but isn't the scariest part the punishment brought down in the Torah? I wish I was on the level of not doing sins bec I was scared. It's a good deterrent but not a solution.

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Re: The best way to quit

Posted by Yaalzu - 09 May 2016 20:10

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From what I've seen, this approach only makes people depressed after being aware of these things, because you're talking about things that don't apply to our nefesh behemis, which couldn't care less about kedusha. So all that happens is after you act out ch"v or whatever, you only get all sad and depressed and scared and then you get weak and fall right back into it. In fact you even gain a few excuses, like "well I'm already going to get punished, so let's do it anyway."

And as it is this approach is very misleading, because it's not even true as far as the general reality of the matter.

G-d is so loving and wants to see us succeed and this is cutting off that connection, turning Him ch"v into what seems like a cruel monster who created us and lets us suffer all so that He could punish us later. why would He care so much if I do what I actually enjoy?

I believe the proper approach is to emphasize His love for us, sure I enjoy all that "sin" but in the end of the day I can't do it because I love Him and I know He wants me not to do it... (putting it simply)

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Re: The best way to quit  
Posted by skeptical - 09 May 2016 22:45

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I don't quite see what the laughing is about.

I may not have found that this approach helped me, but maybe I didn't really and sincerely take it to heart. In any case, it is a path in Torah, even if it's not particularly the path that appeals to me.

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Re: The best way to quit  
Posted by Shlomo24 - 10 May 2016 00:17

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[skeptical wrote on 09 May 2016 22:45:](#)

I don't quite see what the laughing is about.

I may not have found that this approach helped me, but maybe I didn't really and sincerely take it to heart. In any case, it is a path in Torah, even if it's not particularly the path that appeals to me.

It's more about anonymous' posts. He seems to have all the answers already and he hasn't said one things besides giving us "advice." Even when we asked him if it helped. I can also write a thousand things that haven't helped for me. So this was the icing on the cake. Generally, it is a funny/sad combination when people think they have all the answers.

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Re: The best way to quit  
Posted by markz - 10 May 2016 00:22

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Shlomo - Yaalzu was responding to the content of the post so Skep stepped in. You are referring to the poster which is a different ~~unknown~~ story

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Re: The best way to quit  
Posted by cordnoy - 10 May 2016 00:27

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[markz wrote on 10 May 2016 00:22:](#)

Shlomo - Yaalzu was responding to the content of the post so Skep stepped in. You are referring to the poster which is a different ~~unknown~~ story

Actually, i would guess that Skep was referrin' to some of the previous posts.

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Re: The best way to quit

Posted by skeptical - 10 May 2016 16:59

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I was referring to the rotflmho posts.

People don't have to follow the same route you took. For the first 5 months that I was on GYE, I didn't post a word, yet I was clean for at least 2 of them. It then took me at least another 4 months before I wrote a word about myself. 3 years later, I still don't write very much about myself.

Let people do things on their schedule.

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Re: The best way to quit

Posted by stillgoing - 10 May 2016 17:06

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I'm just impressed that anon actually Wrote such a long post, And that so many people actually read it.

**Warning: Spoiler!**



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Re: The best way to quit  
Posted by Shlomo24 - 10 May 2016 17:48

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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.

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