

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 realsimcha - 11 May 2016 19:08

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[skeptical wrote on 11 May 2016 18:39:](#)

Sure -

Ask questions on what was written.

You can ask about the guy's personal story, and he can share if he feels like it.

However, the first 3 posts after the initial one didn't do any of that. They were just straight out mocking and belittling. I take issue with that.

I see your point. But lets take that a step further and be careful not to mock the mockers. I have found that with these things some people feel alot of pain. People who feel that they were burned so many times. And what seems to us like mocking might just be them expressing their pain. Lets not forget. There is alot of fun on this site but there is also alot of tzaar. That being said, I do appreciate your point, and I for one am going to take it to heart and think for a moment before I text something that can be understood as belittling.

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Re: The best way to quit  
Posted by stillgoing - 11 May 2016 19:31

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Re: The best way to quit  
Posted by Gevura Shebyesod - 11 May 2016 19:36

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Perhaps some here perceive the original post as mocking their own efforts.

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Posted by markz - 11 May 2016 19:54

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sorry you missed the 2nd most fundamental post on gye

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Re: The best way to quit  
Posted by stillgoing - 11 May 2016 19:58

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[stillgoing wrote on 11 May 2016 19:31:](#)

[attachment=4898]images-46.jpeg

Come on Mark, please..... :grin:

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Re: The best way to quit  
Posted by stillgoing - 11 May 2016 20:01

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[stillgoing wrote on 11 May 2016 19:31:](#)

[attachment=4898]images-46.jpeg

Come on mark, please..... :grin:

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Re: The best way to quit  
Posted by Shlomo24 - 12 May 2016 14:04

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Maybe I shouldn't have mocked him, in hindsight I see that. But my biggest problem is that anon never responded to inquiries if he is getting helped from what he's posting about. I have no idea if he's sleeping with prostitutes or if he never had a lustful thought in his life. If he admits that he has struggled, and this approach helped, then kol hakavod. But until then, I can't take a word that he says as being helpful. I said before, I can come up with 1000 ways not to act out that don't help. It's not much of a chiddush. In general, I have found the best advice isn't even advice. It's a relaying of experience. I personally try to follow that path. You really won't see me offering tips unless they personally helped me. I don't care about the content of anon's posts, it's the tone behind it. The torah way could work for many, but until he confirms tha it has helped him, I will continue to discount it. Sorry if that offends anyone, but that's the reality. ly"h I won't mock him anymore, but his posts mean nothing to me if it didn't actually work. And that's why it's sad and, (in my brain), funny.

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Re: The best way to quit  
Posted by mirror - 12 May 2016 14:11

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[Shlomo24 wrote on 12 May 2016 14:04:](#)

The torah way could work for many, but until he confirms tha it has helped him, I will continue to discount it.

Just one question, discount publicly (on the fourm), or privatly (in your mind).

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Re: The best way to quit  
Posted by Shlomo24 - 12 May 2016 15:43

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Publicly.

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Re: The best way to quit  
Posted by mirror - 12 May 2016 16:11

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[Shlomo24 wrote on 12 May 2016 14:04:](#)

Maybe I shouldn't have mocked him, in hindsight I see that. But my biggest problem is that anon never responded to inquiries if he is getting helped from what he's posting about. I have no idea if he's sleeping with prostitutes or if he never had a lustful thought in his life. If he admits that he has struggled, and this approach helped, then kol hakavod. But until then, I can't take a word that he says as being helpful. I said before, I can come up with 1000 ways not to act out that don't help. It's not much of a chiddush. In general, I have found the best advice isn't even advice. It's a relaying of experience. I personally try to follow that path. You really won't see me offering tips unless they personally helped me. I don't care about the content of anon's posts, it's the tone behind it. The torah way could work for many, but until he confirms tha it has helped him, I will continue to discount it. Sorry if that offends anyone, but that's the reality. ly"h I won't

mock him anymore, but his posts mean nothing to me if it didn't actually work. And that's why it's sad and, (in my brain), funny.

With all due respect (or maybe i am lacking some, sorry) You wrote that you have no idea where he is holding, so why are you assuming that they do not work. you do not need to try them. You do not need to do anything. But why not live and let live. These are his ideas, maybe they will not work for you, but they may well work for others.

**Warning: Spoiler!**

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Re: The best way to quit  
Posted by Shlomo24 - 12 May 2016 16:40

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I have yet to find somebody come on to guard your eyes to give chizzuk to other people. It's usually, rather almost always, because they themselves are struggling. And until he proves that he's different than everybody else, then I'm going to continue what I'm doing. I guess you will have to live with that also. We can agree to disagree.

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Re: The best way to quit  
Posted by mirror - 12 May 2016 16:46

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Somehow i get the feeling that you totally missed my point.

B'hatzlacha

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Re: The best way to quit  
Posted by Shlomo24 - 12 May 2016 18:45

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That's ok.

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Re: The best way to quit  
Posted by realsimcha - 12 May 2016 18:51

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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....????

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