

Im trying this out...

Posted by d111 - 25 Jul 2014 06:53

Instead of only counting our falls we should record our successes and what we did in that moment , davened to Hashem ,called someone, went for a walk, got chizuk from GYE that way it will build confidence and it will show us what worked while we were triggered. Also we wont be **afraid** to be triggered because we already have a ready plan a fun thing were going to do when were triggered. Wishing the best for Klal Yisrael May Hashem help every one of us overcome this Asap Amen!

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Re: Im trying this out...

Posted by reallygettingthere - 25 Jul 2014 09:49

Absolutely! I have a close friend with whom I share my successes and he shares his with me. We both get chizuk from this.

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Re: Im trying this out...

Posted by Ezra - 27 Jul 2014 06:40

Totally!! Some books / therapists highly recommend setting aside 10 minutes a day to write what you did correctly and why you feel good about it...

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Re: Im trying this out...

Posted by shivisi - 28 Jul 2014 13:06

I personally heard from a grandson of the Chofetz Chaim, that the CC had a booklet in which he recorded the good things which he had accomplished.

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Re: Im trying this out...

Posted by ineedchizuk - 28 Jul 2014 16:04

Deeoneoneone, thanks for the thread. Loving it!

Shivisi, that's the most inspiring story I've heard. The CC? ? Wow!

Usually, we hear the other way around (which, btw, was also the case by the CC).

Besides for the chizuk it gives, it can also be a big michayiv. Which means it's no less a cheshbon hanefesh than keeping track of my falls.

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