

Ways to do Teshuva?

Posted by Cesare - 09 Mar 2021 03:04

Any specific Tehillim or study should I do for my actions?

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Re: Ways to do Teshuva?

Posted by Grant400 - 09 Mar 2021 03:16

Welcome my friend! Try to stick to one thread, unless it's a totally separate topic and it doesn't apply to your journey. It's much easier for you, as well as others to be able to see the greater picture.

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Re: Ways to do Teshuva?

Posted by NA18 - 09 Mar 2021 13:19

Perek 51 of tehillim

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Re: Ways to do Teshuva?

Posted by DavidT - 09 Mar 2021 14:51

If a person wants to do teshuva, it's a good idea to schedule a set time for cheshbon hanefesh. For example, he should write on the calendar that next Tuesday at 10 pm, he will dedicate some time for this issue, by learning something pertaining to this nisayon or speaking to his Mentor etc.

He should allocate a fifteen minute slot, and then afterwards tell himself, "I did what I had to do, and now I'm done." If a person does teshuvah at an appointed time, then it won't drag him down into the mess. This is because when a person consciously sets a time for a cheshbon hanefesh, his mind is in charge, and when his mind is working clearly, he won't slip up.

However, spontaneous thoughts of teshuvah, which surface right after a person did something wrong, are typically emotionally bound, and they can easily cause more harm than good. This is because when someone falls, he is in a negative mode, one in which he is upset and “beats himself up”, and when someone is in this kind of mood, he can't think straight.

At the time that a fall happens, there is only one goal: to be meisi'ach da'as, keep moving, and get busy with something positive.

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Re: Ways to do Teshuva?

Posted by OivedElokim - 09 Mar 2021 19:01

Here is a relevant piece from Tanya chapter 26, related to what DavidT wrote:

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Re: Ways to do Teshuva?

Posted by hashemyeracheim613 - 09 Mar 2021 19:49

[DavidT wrote on 09 Mar 2021 14:51:](#)

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some time for this issue, by learning something pertaining to this nisayon or speaking to his Mentor etc.

He should allocate a fifteen minute slot, and then afterwards tell himself, "I did what I had to do, and now I'm done." If a person does teshuvah at an appointed time, then it won't drag him down into the mess. This is because when a person consciously sets a time for a cheshbon hanefesh, his mind is in charge, and when his mind is working clearly, he won't slip up.

However, spontaneous thoughts of teshuvah, which surface right after a person did something wrong, are typically emotionally bound, and they can easily cause more harm than good. This is because when someone falls, he is in a negative mode, one in which he is upset and "beats himself up", and when someone is in this kind of mood, he can't think straight.

At the time that a fall happens, there is only one goal: to be meisi'ach da'as, keep moving, and get busy with something positive.

This is excellent advice! As a chronic beating myself upper, I can really relate to this unhelpful teshuvah. I think that setting a time for teshuvah actually empowers a person at the time of a fall not to be hard on himself, because he knows that he is going to address the aveirah at a later point. Thank you!

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