

Help

Posted by yankeesrock - 06 Apr 2021 14:35

Can someone share with me there tips to not give into the yeztir harsh when it is really pulling you. I seem to be in that situation right now.

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Re: Help

Posted by DavidT - 06 Apr 2021 14:43

It says, 'tfochois nosato yomai' - 'like handbreadths (t'fochim) You set my days' (Tehillim 39). Rebbe Bunim of Peshischa zt'l explained: A person can be holding a very long rope that's seventy amos long, but in his hand there's only one tefach. In life, too, there's a long life ahead of us, be'ezras Hashem, but keep your focus on that one tefach; on the day that's in your hand today. Make today good.

Focus on **NOW** and you will succeed in life.

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Re: Help

Posted by Grant400 - 06 Apr 2021 15:38

[yankeesrock wrote on 06 Apr 2021 14:35:](#)

Can someone share with me there tips to not give into the yeztir harsh when it is really pulling you. I seem to be in that situation right now.

Try to really remember how horrible you felt after last time. Remember how you thought to yourself how it so wasn't worth the pain. Remember how the desire is many times greater than the actual pleasure.

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Re: Help

Posted by EvedHashem1836 - 06 Apr 2021 23:24

Similar to what R' Grant said but to add a bit more - remember how nasty last time felt. Remember how you told yourself this would never happen again. Remember how you promised yourself you would change. But then remember how you told yourself you know you said you were done but just do it one more time. Just this last one. And the cycle repeats. Do you really want to live this way for the rest of your life?

If not, you're going to have to make some changes because what you're doing now probably isn't working. The ideal change varies among people depending on what works for them - I think most would recommend a strong filter and accountability partner

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Re: Help

Posted by EvedHashem1836 - 06 Apr 2021 23:26

Also - remember how good it feels to win if you have ever refused the yetzer hara of what he wants. I'm telling you its the greatest feeling, whereas giving in to your desires is "the greatest feeling" which doesn't even feel so good but is followed by a long period of wallowing in self pity and feeling terrible

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