

Not a good day

Posted by TG - 03 Jun 2021 15:09

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So yesterday was not a good day for me--in a moment of strength I added sites to be blocked and pictures to be removed, however throughout the rest of the day the phone became my fall twice, all the way. I had almost made it to two weeks.

Posting for accountability and chizuk. Thank you to the dear friend here on GYE, can't get help from spouse and the people here are my lifeline.

?Please don't judge, just accept me as I am please..I can only do day by day trying to get some clean streaks...

TG

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Re: Not a good day

Posted by DavidT - 03 Jun 2021 16:20

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Who are we to judge?

It is said over in the name of the Baal Shem Tov that one who sees faults in others, really has that fault in themselves. And perhaps the one who sees the fault "more", the more he himself has that particular fault or bad trait, etc.

????? (????? '?', '?') ?? ?????? ??? ????? ??? ?????? ?????, ?????? ????? ?? ??? ??????, ?? ?????? ????? ?????, ?? ????? ?????? ?????, ?????? ????????? ?" (???????? ?' ?) ?? ?????? ?????? ?????

"One may examine anyone's leprosy except one's own" (Negaim 2:5) that that which one perceived as negative on others, stems from his possessing the same fault.

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Re: Not a good day

Posted by wilnevergiveup - 03 Jun 2021 17:45

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[DavidT wrote on 03 Jun 2021 16:20:](#)

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?????, ??? ?? ??? ????? ?"????? ?????????"

So true.

It is also commonly said that someone who judges others, is judgmental of themselves. They judge others because they cannot live with themselves without putting others down.

A healthy person accepts others for who they are (then maybe they can also learn to accept themselves).

@TG, hang in there, one day at a time is great.

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