

What would you say?

Posted by bisyata dishmaya - 16 Feb 2022 04:19

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What would you tell someone for chizuk who was clean for over a year fell clean for over 90 days twice and had their last fall 2 weeks ago and somehow managed to pick themselves up but he's still feeling down?

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Re: What would you say?

Posted by Joe770 - 16 Feb 2022 05:17

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I'm not sure what to tell you to give you chizuk, but I would like to share my sincere reaction.  
"Wow you're amazing!! be proud of yourself because Hashem definitely is".

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Re: What would you say?

Posted by wilnevergiveup - 16 Feb 2022 07:53

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I would tell him to find a large mirror, straighten out your hair/peyos, put on a very serious face and look at the guy you see there and tell him, "You are awesome!"

Then say "Hey! You are an awesome guy!"

Then say "Hey there! Yes you, I mean you! You are the most awesomest guy that exists in the whole entire world"

Then you can turn that serious face into a grin.

At the end of the day, you are awesome, but we tend to focus on the negative instead of the positive. Create for yourself some positive energy and you be"H find much success.

**Warning: Spoiler!**

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Re: What would you say?  
Posted by Hashem Help Me - 16 Feb 2022 12:32

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Ditto

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Re: What would you say?  
Posted by joetyh - 16 Feb 2022 13:30

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Are you human? Yes!!! (Sorry if not..) so yes challenges come and we don't always beat them but I want you to look back at the amount of fall percentage you had before you got a hold of yourself and now...

how can you be down??????

you're a TZADIK YESOD OILAM!!!!!!!!!!

Keep it up!!!!!!

(maybe share your story if you feel comfortable to help the oilam out....)

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Re: What would you say?  
Posted by Markz - 16 Feb 2022 16:12

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[bisyata dishmaya wrote on 16 Feb 2022 04:19:](#)

What would you tell someone for chizuk who was clean for over a year fell clean for over 90 days twice and had their last fall 2 weeks ago and somehow managed to pick themselves up but he's still feeling down?

I would give him a hug and say welcome to the club

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