

Urges on Yom Kippur?

Posted by ?????? ?????? - 05 Oct 2022 23:51

Is it normal to get urges on Yom Kippur? I found it much easier to say no but I ended up falling right after it.

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Re: Urges on Yom Kippur?

Posted by frank.lee - 06 Oct 2022 10:33

I've read here that it is common. Need to be prepared, before and after spiritual and emotional high days, to try not to fall.

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Re: Urges on Yom Kippur?

Posted by Dailybattle - 06 Oct 2022 11:29

I also had a very meaningful YK and sincerely davened saying that I would not do P&M again and fell this morning. Feel terrible and hope others are able to be stronger than I was

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Re: Urges on Yom Kippur?

Posted by hjo - 06 Oct 2022 13:32

After being on a high spiritual level, one can fall very hard.

My experience...

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Re: Urges on Yom Kippur?

Posted by excellence - 06 Oct 2022 23:40

I often fell on a spiritual high, like aseres yeme teshuva etc. Get up and move on, don't dwell on it. If Yom Kippur makes you feel anxious. that could of also spiralled a fall.

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Re: Urges on Yom Kippur?
Posted by wilnevergiveup - 07 Oct 2022 00:59

Some say it's a sign of white-knuckling.

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Re: Urges on Yom Kippur?
Posted by ?????? ?????? - 07 Oct 2022 02:05

What's white knuckling? First time hearing of it.

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Re: Urges on Yom Kippur?
Posted by frank.lee - 07 May 2023 23:24

Maybe this is a good way to explain simply: working harder instead of working smarter. So the goal is to be happy, composed, tranquil and calm, and focusing on other things in life as opposed to high strung and stressed out, focused on not thinking about certain things, not fantasizing, not falling.

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Re: Urges on Yom Kippur?
Posted by Hashem Help Me - 08 May 2023 11:22

Maybe this is a good way to explain simply: working harder instead of working smarter. So the goal is to be happy, composed, tranquil and calm, and focusing on other things in life as opposed to high strung and stressed out, focused on not thinking about certain things, not

fantasizing, not falling. Very true.

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