

Tried-Trying-Will Try

Posted by trying123 - 19 Mar 2010 11:12

I just fell...

I don't like it...

As things were happening, I spoke to G-d -asked him to take this whole thing away from me.... I wanted to stop it....

I don't know what to do.... I hope this doesn't happen too often...

I'm just gonna move on with my day...

R' Volbe once wrote that having a social life and keeping busy helps take these stuff away....

I am definitely working on those.... Hope I heal soon....

Please Pray for me...

Peace and Love to all....

May we all merit Holiness and fulfillment....

I wana be good, don't wana fall

But it feels like I keep hitting a brick wall

Please take this away, I don't want to stray

I wana just keep all bad things far from bay

I feel so so lost, when will this all end?

Please Please Please I need a good friend..

I wana try my best, I hope I am

but I never know what you really demand

(a lot of what I write doesn't resonate with most of you

Not much I can do...

I consider this my personal diary...

I think it helps me...)

Peace and love to all my holy Brothers...

(P.s. I think I'm done with the thread "Messed up image of Hashem", that is not my real issue...)

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Re: Tried-Trying-Will Try

Posted by trying123 - 31 May 2010 03:58

I fell very badly tonight....

I need help...

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Re: Tried-Trying-Will Try

Posted by 7yipol - 31 May 2010 09:33

Oy! Im so sorry to hear that Tried :-\

The question is 'now what'?

Will you let the YH get you depressed or simply pick yourself up, dust of the dirt and keep climbing? Only malachim never fall. Our job is to keep on trucking!

Here for you throughout...

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Re: Tried-Trying-Will Try

Posted by trying123 - 31 May 2010 13:39

Last night I was very very down, broken, I couldn't talk or write or type how I felt....

I got busy and put together a piece of furniture that I was planning on assembling....

It helped me cope a little...

I realized that I will not give up... I woke up today with a fresh start... May Hashem help me through this... May he help you and all of us....

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Re: Tried-Trying-Will Try

Posted by commando612 - 31 May 2010 14:33

Tried,

The Kotzker Rebbe used to say there's nothing so whole as a broken heart.

Being broken is the nature of our struggle. When we fall we feel broken. And even when we succeed we also sometimes feel broken because of our inner turmoil. There's a vort on the pasuk "And Yaacov saw there was *Shehver* (grain - but literally "broken") in Mitzraim", that the "*Shehver*" alludes to Yosef, who was called "broken" because of his midda of Yesod.

The vort continues that people are damaged emotionally from being broken. So the pasuk in Tehillim 147:3 says that Hashem "Heals the broken hearted (*Shevurei Lev*) and binds their depression". So we're assured that Hashem will heal any negative emotional effects of being shomer the bris.

It's so nice to read how you ended off your post saying:

[Tried-123 wrote on 31 May 2010 13:39:](#)

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Re: Tried-Trying-Will Try
Posted by trying123 - 31 May 2010 16:04

Cammando,

Your words of chizuk are much appreciated....

Part of the down I had last night after falling was about being afraid of the turmoil... being afraid of the emotional scars it will leave....

I hope you are right that it gets healed....

I am trying to be more understanding of myself and do the best that I can....

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Re: Tried-Trying-Will Try

Posted by Dov - 31 May 2010 16:11

[Tried-123 wrote on 31 May 2010 03:58:](#)

I fell very badly tonight....

I need help...

I've never fell "not so badly", but can still imagine what you mean, friend. Sorry to hear it, but are you living today as best you can? Considering who you really are and what your track record is, are you doing a good job so far, today? For me, 'trying again', 'getting back on the wagon', or starting your 'day count' over again is fine, but it is not the ikkar. The ikkar for me is to live right today regardless of what kind of screwball I may be or what kind of horrible stupidity I was sold to yesterday. Like you said, it is a new day!! (yipee)

Hatzlocha with today, sweet chaver.

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Re: Tried-Trying-Will Try

Posted by trying123 - 31 May 2010 17:57

R' Dov,

Thank You so much...

I think I can say that I did start a new day this morning...

I'm a bit more positive and ready to continue trying...

Gevald Gevald!!!!

I hope I am improving

And Improvement can also be in the manner of the fall (did you get totally depressed? where you able to do some degree of damage control? At what point where you able to pull yourself out?)

A big Yesod is that achievement is not only on an up it is also on down...

Not only that but:

The Stiepler Gaon (in Kreina D'igrasa) writes to a Bochor that the **MAIN** achievements are accomplished during a down...

Everyone can do well on an up... It's when your'e down and the water get's hot that you need to flex your muscles....

Our goal (or at least mine) is about shifting the curve -not eliminating it... (V'hamaiven Yovin)

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Re: Tried-Trying-Will Try

Posted by Yosef Hatzadik - 31 May 2010 18:11

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Re: Tried-Trying-Will Try

Posted by Dov - 31 May 2010 18:40

But I still hate when the Yetzer Horah throws curve balls at me. >
[Fred 123 wrote on 31 May 2010 17:57:](#)

R' Dov,

Thank You so much...

I think I can say that I did start a new day this morning...

I'm a bit more positive and ready to continue trying...

Gevald Gevald!!!!

I hope I am improving

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Dear TTWT,

The blue part reminds me of the way I feel in recovery.

The lime green part reminds me of when I am thinking too much.

The red part I can live with our without. Nu, if those kind of ideas really help *you*, kol hakavod!

I figure that *it is what it is*, and I cannot change the way things are. I can only do right by me, by my G-d and by His people *right now*. And for me that is not an intermediate phase or exercise, it is the way I must try to live today. I often stray, but have the steps and my friends to help to get back on track and do what I am here for today. To hell with yesterday, tomorrow, my madreiga, and with whether I am actually getting better or worse. That is how have come to see it.

Hashem gives us tools, tools, tools. We need to learn how to use Him and His tools.

Taking it easy,

Dov

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Re: Tried-Trying-Will Try

Posted by trying123 - 31 May 2010 22:28

[dov wrote on 31 May 2010 18:40:](#)

The red part I can live with our without. Nu, if those kind of ideas really help *you*, kol hakavod!

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Taking it easy,

Dov

Not sure exactly what you mean....

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Re: Tried-Trying-Will Try

Posted by Dov - 01 Jun 2010 03:34

Nuthin', just that the issue of how sinking is really rising is not that relevant to me. I agree with it, mind you, but what matters to me is the value of what I am doing - not the value I put on *myself* or my *madreiga*. For me those considerations and preoccupations are just a waste of precious brain space.

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