

27. Charata vs. Yiush

Posted by mnman415 - 10 Nov 2010 03:05

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It is important to understand the difference between “healthy” guilt/regret, as opposed to depression/despair. There’s a simple test we can do to know which of them are motivating us. If we see that we want to get stronger again, then it’s a sign that our “bad” feelings are those of

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healthy guilt and positive regret. If, however, we feel that we just want to give up, it’s a sign that we are experiencing despair and depression, and we must quickly find a way out of these harmful feelings before they lead us to a vicious cycle of continued falls. (See Chizuk e-mail #341 on this page for more on this important distinction). How can we remain happy? Let’s read on...

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Re: 27. Charata vs. Yiush

Posted by mnman415 - 10 Nov 2010 03:06

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if we still want to get better, its is charata, if we have given up, its yiush

even if we want to give up, its just out of despair.

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