

Re: Pushing off Teshuva?!

Posted by gettingthere9 - 06 Sep 2021 03:41

Beautiful post!

I would just like to add though that the classic answer (I think) is not that we are an *ones*, rather that we are **sick**. The first step is to get healthy. It may be the step before teshuva, or as you wrote, that may be a part of teshuva.

Either way we are not just '*pattur*' so to speak, rather we are '*chayav*' to get healthy first.

Hatzlacha!

A gut gebentched yuhr!

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Re: Pushing off Teshuva?!

Posted by wilnevergiveup - 06 Sep 2021 05:25

You can search for it, it's been debated a thousand times here. In the end, it's a *machlokes* between some of the GYE greats (between the "12 steppers" and non "12 steppers" I think) if this is part of *azivas hacheit* that Rabeinu Yona says is the first step of teshuva for guys who are *na'asis lo k'heter* or this has nothing to do with Teshuva and it's just recovering from an illness (the 12 stepper version). Addicts working the steps cannot be doing anything else including Teshuva. They are not doing teshuva, they are learning how to live life and regain their sanity. It's not an *aveiros* issue that they are dealing with, it's an addiction. We don't do teshuva for addictions, we do teshuva for *aveiros*.

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Re: Pushing off Teshuva?!

Posted by doingtshuva - 09 Sep 2021 01:22

[wilnevergiveup wrote on 06 Sep 2021 05:25:](#)

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Very well said !

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Re: Pushing off Teshuva?!
Posted by baaltshuvah5782@gmail.com - 18 May 2023 19:27

the mitzvah of teshuvah is ?????? ?????? ?????? (????? ?????????? (??? ? ?????)).

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Re: Pushing off Teshuva?!
Posted by doingtshuva - 21 May 2023 23:41

For me Teshuva means, make sure you don't do it again!

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Re: Pushing off Teshuva?!
Posted by dovberyl - 22 May 2023 00:47

I do not know what teshuva is, but I am confident that if it pulls a person down, it is probably not the right time, or the right thing to do. At the very least teshuva is azivas hacheit, and sometimes dealing with the past in these inyanim can itself be a trigger.

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