

Crusing thru Steps 8 and 9 - Making Amends - Persistence & Perseverance

Posted by DuvidChaim - 24 Dec 2009 03:03

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Chevra

I really love when the "stars line up" and gives us exactly what we need when we need it.

Rest assured, your Captain (not just me, but the capital C one) knows what you are being asked to do at this stage in the Program. We barely got thru with the gut wrenching work of the 4th and 5th Steps - the humbling experience of baring our souls to another - and right away the Program asks us to make the 9th Step Amends Calls!! Give us a break.

Remember the "Big 3" - Humility, Fearlessness and Honesty. The Program tells us that this is what it will take to be free of our addiction.

Is this what I bargained for when I signed up for Duvid Chaim's Cruise? Where are the 5 course meals and excursions at exotic destinations? How about all the entertainment and the deep sea fishing? Can't I just hang out in a lounge chair and get a good suntan?

Sorry Charlie.

You know why you are on this Journey. You want FREEDOM. You want Serenity. You want relationships. And you want Divakus Hashem.

So take the tools that the Program gives you - the Inventory work, the Sharing with your Sponsor and now the Amends Calls. All this along with our new "glasses" our new way of looking at life, our new design for living and our new dependence on G-d's assistance- is our pathway to freedom.

It may be the first time in your life - but your taking responsibility for YOUR PART IN LIFE. No "blame game" with our Crew. Only persistence and perseverance!!

Looking FORWARD

Duvid Chaim

PS - Check out this Timely reading from Aish.com:

DAILY LIFT

TODAY IN JEWISH HISTORY

GROWING EACH DAY

#### #741 Self-Talk of Persistence and Perseverance

Being persistent is the number one pattern that will enable you to create success in your life. When you persist and persevere until you reach your goal, you can accomplish so much more than if you give up when you are bored or when challenges arise.

One thing is true of everyone who has reached large goals. They all persisted until they succeeded. Many people start worthy projects, but they give up before they reach the goal that they set for themselves.

Self-talk is the source of someone's ability or failure to persist and persevere. What is the self-talk of persistence?

"I'll keep on going as long as it takes. What I'm working on is worth the investment of time and energy."

"As I build up the habit of persisting, I can accomplish many more things in my life. So it's not only the present project that I will be completing. Finishing this project will help me achieve in more and more ways."

"I feel great about being persistent. I am building my entire character in the process."

"I see the goal that I am striving for. I am enjoying every step along the way."

Always learn from your past successes. Think of instances when you persisted and were later glad that you did. What did you tell yourself to enable yourself to persist? Tell yourself similar things when you want to persist in the future.

(from Rabbi Zelig Pliskin's book: "Conversations With Yourself", pp.166-8) [Artscroll.com])

See Rabbi Pliskin's new book "Life Is Now"

6 Tevet

"My transgressions are known to me and my sin is ever before me" (Psalms 51:5). Lo, I was

begotten in sin, and my mother conceived me in iniquity (ibid. 7).

In this heart-rending psalm, David begs for forgiveness for his relationship with Bath-Sheba.

While David does state that he was "begotten in sin," or in other words, that he may have been born with the character trait of intense passion, he does not cite it to free himself of guilt. In verse 5, he owns up to his transgression and does not try to absolve himself. David accepts full responsibility for his behavior, even if it comes from an inherited trait.

How refreshing is this thought! How different it is from the teachings of modern psychology, which so often scapegoat parents and excuse even the grossest misbehavior by arguing that the person was a victim of early-life experiences or influences that distorted his or her values, and hence should not be held responsible for subsequent misdeeds.

In this exquisite psalm of teshuvah (repentance), David rejects this position. He says that we must assume responsibility for our behavior, regardless of factors from our past.

Today I shall ...

... try to avoid projecting blame onto others, and accept full responsibility for whatever I do.

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