

Tshuvah

Posted by mahachatasa - 01 Jul 2019 20:07

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My

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Re: Tshuvah

Posted by Markz - 01 Jul 2019 20:42

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Firstly,

Therapist should do Therapy and Rabbis should share the word of Gd.

Maybe your therapist is humble, but I know of one 'helping' someone in my family that has their own work to do...

Secondly, if we are working a recovery program, the idea mentioned is correct. look at the next (newer) post on the "recent posts" page.

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Re: Tshuvah

Posted by Tzvi5 - 22 Aug 2019 19:49

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[Markz wrote on 01 Jul 2019 20:42:](#)

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1)What is the essence of teshuva ? 2) in working a recovery program where is that expressed?

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Re: Tshuvah

Posted by Captain - 23 Aug 2019 01:24

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This is a tough question to answer. But my guess is that while you are fighting this, it's better not to focus on the past, irrespective of whether it was your fault or wasn't. Guilt can keep you stuck in a bad cycle. Rather, focus on your plan to take control.

And once you have achieved significant success, why not engage in the steps of tshuva, so you know for sure that you have been wiped completely clean? No doubt this will be a complex subject with many opinions, and it's easiest to just do tshuva and let it go, knowing Hashem has.

1) Admit to Hashem what you did.

2) Feel bad about it, to the extent that you wish you had acted differently. (In your position, this should be limited to a small amount of that you determine beforehand.)

3) Resolve to act differently in the future.

If you want an extra bonus for your tshuva, resolve to help others struggling with this challenge (for example, through GYE Forums).

And that's it. You can go forward knowing that Hashem has forgiven you. (Please see Rambam Hilchos Tshuva 7:4, which discusses at length how a person who has done tshuva should realize that Hashem has forgiven him and it's like he never sinned, and actually he's considered even greater than had he never sinned!)

Keep up the great work!

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Re: Tshuvah

Posted by mahachatasa - 27 Aug 2019 20:22

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Thank you very much.

Really appreciate

Any idea how i can help other people on gye

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Re: Tshuvah

Posted by Captain - 27 Aug 2019 21:53

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Here are some ideas I thought of: Try responding to people's forums. Open a new forum in Testimonials and share ideas and tactics that worked for you. And click on the Special Resources tab and click Help Someone Anonymously.

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Re: Tshuvah

Posted by DavidT - 11 Dec 2019 15:30

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[Tzvi5 wrote on 22 Aug 2019 19:49:](#)

[Markz wrote on 01 Jul 2019 20:42:](#)

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Rabbi Abraham J. Twerski wrote a book

**Teshuvah Through Recovery - Experience the transformative power of the twelve steps**

<https://www.amazon.com/Teshuvah-Through-Recovery-Experience-transformative/dp/1614654093>

Confused. Desperate. Trapped, with no way out. HEAR THE VOICES OF THOSE MOST VULNERABLE: Those addicted to alcohol, drugs, gambling, exposure to inappropriate material, and other destructive plagues of our times. Promising yeshivah bachurim, kollel yungeleit-no group is immune to the devastation of these dangers. Spouses and parents watch helplessly as their loved ones sink into pain and despair. In this eye-opening book on teshuvah and recovery, renowned author and psychiatrist Rabbi Abraham J. Twerski offers his wise insights into the psychological and spiritual aspects of addiction and the benefits of joining a twelve-step program. Included are inspiring personal accounts of those who have descended to the lowest recesses, yet emerged triumphant from the depths of darkness. Addressing the common questions addicts-and their families-ask, Rabbi Twerski challenges our thought processes and debunks the myths about addiction in the frum community. He tackles such topics as why this scourge is so widespread today, why the Twelve Steps are effective in addressing this problem, and where to turn for those desperately needed answers.

***Teshuvah through Recovery is a book that no suffering person or family should be without.***

Please be advised that this book contains sensitive material.

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