

let us know the good stuff too

Posted by gav - 28 Dec 2011 22:35

To all my dear brothers,

I'm really grateful for the positive response and acceptance that was displayed to my first posting [all about me part1].

From when I posted till I read the responses [which was a couple of days since I have not internet access at home or work] I dreaded that I would see cynical responses like-

"You think your really frum –your just a hypocrite"

"All your "good side" must just be chiztonios"

"It's because you're so extreme [right wing] that you got messed up"

"How can you claim to have never struggled as a bochur your just imaging to blame your spouse for your problem."

So I was relieved when I not only wasn't criticized but rather accepted lovingly.-what's more - it was extremely validating to express a positive picture of myself to other- for in reality all those comment's quoted before where really voices inside me [planted by the yezer haerah] in an attempt to lower myself esteem – so

A] I should feel ok doing lowly things because hey I'm anyway a good for nothing

b] So I should seek false validity from the world of fantasy- were your accepted as you are.

[I just read an amazing true story [from dr benzion sorotskin] that a guy came to a beis zonos-lasos melachto- and the zonah complimented him on his intelligence –he was so pleased and satisfied with the compliment that he paid her and left without doing the averoa.]

So I conclude with the suggestion that we keep it up truly complimenting accepting and validating each other and our selves –**not only within our victories in this arena but in all fields.**

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Re: let us know the good stuff too

Posted by gibbor120 - 28 Dec 2011 22:43

Good points, great story!

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Re: let us know the good stuff too

Posted by ZemirosShabbos - 29 Dec 2011 20:35

thank you gavi for that. good stuff!

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Re: let us know the good stuff too

Posted by gav - 02 Jan 2012 21:10

quote "So I conclude with the suggestion that we keep it up truly complimenting accepting and validating each other and our selves –not only within our victories in this arena but in all fields."

I would like to dedicate this thread expressly for this purpose [if there isn't already such a thread that i haven't seen yet], announcing to all and sharing our personal victories sucsess's and accomplishments- in all "other" areas of our lives-

for ex:- big things like quitting smoking / mastering anger/ finishing a mesecta in shas

and the small thing's like not yelling at the kid's ect.

I'll start:

mazal tov today I finished a inyan in shas that i've been working on for quite some time. horray.

[but gota be carefull because [i know from experince that the y/h lurk's behind "the end of thing's"\

the inbetween unfocused time before I start something else- so gota go to start the next inyan- see ye all.]

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Re: let us know the good stuff too
Posted by obormottel - 03 Jan 2012 19:07

shkoyich!

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Re: let us know the good stuff too
Posted by chaimyakov - 08 Jan 2012 15:24

This morning i finished Mishnayos Seder Z'raim and began Seder Moed.

Hatzlacha in all things GOOD.

chaimyakov

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Re: let us know the good stuff too
Posted by gav - 13 Jan 2012 06:28

mazal tov REB chaimyaakov- you should be zoche to learn and finish many more mesectos-
and your torah sjhould be matzil you from all chet

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Re: let us know the good stuff too
Posted by NeiroYair - 15 Jan 2012 03:38

Mishna has the same hebrew letters as neshama. You are no longer the same person you were
before those mishnayos! Keep growing m'chayil el chayil!

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