

40 days till Yom kippur please help~!  
Posted by Happyme0 - 15 Aug 2012 16:43

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Re: 40 days till Yom kippur please help~!  
Posted by rt - 15 Aug 2012 18:36  
We got 40 days till Yom kippur start please let us all get through this misery of falling

please help~!

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Re: 40 days till Yom kippur please help~!  
Posted by Ez streak - 15 Aug 2012 19:58

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Ur gonna do it just say that phrase everyday to hashem

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Re: 40 days till Yom kippur please help~!  
Posted by mifatfait - 16 Aug 2012 06:36

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Happyme,

dear Happyyou, how exactly do you want us to help you?

Maybe it's time for some new techniques in your struggle. Have you read the Handbooks? More importantly, have you tried to work them?

I'm not Hashem so I can't know exactly what you need, all we can do is learn new tools to help

us stay clean, if something works, great, if not - on to the next idea.

Some basic examples are minimizing the struggle to only one day at a time, when lust hits to immediately daven to Hashem to save me, and to altogether live with the understanding that we're vulnerable and weak and therefore must avoid triggers as much as we can.

All the best!!!!!!!!!!!!

Chaim

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Re: 40 days till Yom kippur please help~!  
Posted by JustKeepGoing - 20 Aug 2012 15:36

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[ChaimCharlie wrote on 16 Aug 2012 06:36:](#)

Happyme,

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I'm now Hashem so ....

All the best!!!!!!!!!!!!

Chaim

Hmm Chaim just what are you trying to say?

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Re: 40 days till Yom kippur please help~!

Posted by mifatfait - 20 Aug 2012 17:06

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Thanks, JKG. I fixed that.

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Re: 40 days till Yom kippur please help~!

Posted by Kevin Pond - 28 Aug 2012 21:37

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Happyme,

If you want to use Elul as a tool, that is great.

A rabbi I know once said that in Elul one should make a list of goals in life and how he thinks he can achieve them.

See yourslef in twenty years time- do you still want to be a "struggler" by then, or do you want to be way beyond and above it... a happy, confident, FREE Torah person who helps others?

Chasima tova- i hope i helped.

Kevin

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Re: 40 days till Yom kippur please help~!

Posted by nederman - 29 Aug 2012 03:25

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[Happyme0 wrote on 15 Aug 2012 16:43:](#)

We got 40 days till Yom kippur start please let us all get through this misery of falling

Since time is short I wouldn't necessarily focus on sobriety, I mean try it by all means but don't beat yourself up. One thing that would really pay off though is to review the davening for Yom Kippur, e.g. say three words then think, say three words then think. And plan to beg Hashem not to let you go down like this. The single most effective thing that can happen to you to make you change is issurim.

One year at kol nidre I told Hashem "Ribono Shel Olam, I am a sadist, please don't let me go like this." I got thrown out of the house on parshas metzora that year. My wife had all my money and I lived off handouts in a loft for six months. But in the end it was a yeridah l'tzorech Aliyah. Now I actually have shalom bais.

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