

From tragedy to redemption

Posted by Hashivalisesonyishecho - 08 Jan 2015 10:00

I am a middle aged person, highly talented, but leider unaccomplished. I seem to have some strengths but not the strength and the resolve to do what it takes to use my talents to be what I can be. I have had lot's of tzaros in my life which have gotten the better of me and eventually removed me from my learning and my general Ruchnius success. I was not omed benisoyon. I am ashamed of myself. On the outside I still seem like a basically Choshever person but nobody knows what I really am. When I was a Bochur and a young yungerman, everybody was sure I would turn out to be one of the Gedolim. That hasn't happened(yet). I would never tell anyone of my worst failings, but this failing of me not succeeding to fulfill my potential is known. I guess people may have long ago forgotten what was supposed to become of me but looking at me now they see nothing but an empty wasted soul. I haven't forgotten the original plan and somewhere deep down I still hope Hashem will give me back my neshama. My Boosha is maybe a good thing in a way because it keeps things from getting more out of hand. But it makes it impossible for me to get the support and encouragement that might help me do what I should. Maybe I could get the support here. I am middle aged but my mind knows that it isn't too late. I need my heart to know it too.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 06 Apr 2015 23:04

If you're asking me if I know that this mehalech has helped specifically with addicts the answer is no I don't know. But that this mehalech works in general I certainly do know that it does and actually it is the basis of all successful chinuch, including for kids who have acted out and fallen in certain ways. The best thing we can do for our children in terms of chinuch is to give them(help them develop) a good self esteem. This doesn't mean a non realistic good self esteem because lies don't work, but to realistically help them see themselves in a good light certainly is tried and and proven to improve behavior.

And if you say 'well aha you admit that you don't know that it works with addicts' my answer is yes that's true but besides being addicts we are still human beings and we aren't martians. Things that work for people in general will have at least some affect on addicts too even if it isn't the entire picture.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 07 Apr 2015 00:54

[9494 wrote:](#)

Hashiva, from my understanding, by throwing in self esteem, you are now bringing up a totally different concept from what we were discussing before.

According to psychology.about.com/od/sindex/f/what-is-self-esteem.htm

In psychology, the term self-esteem is used to describe a person's overall sense of self-worth or personal value. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. Self-esteem can involve a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions, and behaviors.

If self esteem is as described above, it is obviously very far away from belief in ourselves that we will not fail.

Not at all. Certain failures as viewed by a person with a healthy self esteem are simply beneath his dignity. His self esteem will prevent him from lowering himself to that level

And now you are mixing self esteem with this other sort of belief-in-self-I-will-not-fail. I would imagine that telling a kid to believe in themselves that they will not fail, is a setup for disaster.

That's true and that's not what's being suggested as you can see from some parts of the discussion here. A person doesn't come to **'know'** that he won't fall by uttering the words 'I won't fall'. He comes to know it by knowing himself in a more positive light. This is very connected with self esteem. I didn't elaborate enough because it is a rather lengthy discussion but I clearly said that I'm not saying exactly how to get there but getting to that point brings success and it's a worthwhile pursuit and I'm saying that we should work in that direction. When they do fail - probably aint pretty. But, I dont have kids, so could be wrong.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 07 Apr 2015 14:31

[Hashivalisesonyishecho wrote:](#)

[serenity wrote:](#)

I never doubted you'd make it, even for a second!

I believe that that is the key to success. If one is really(but really really) sure that he won't fall, then he wont. And if his friends make him feel that way then they have a zchus in his success, so that's the case here for sure.

That brings me to the next discussion on an upcoming post when I will have the time to post it iy'h.

The reason I am quoting myself and not just saying it since it's from me anyway, is because we all know that if we say beshem omro it brings redemption, which is of course the newly acquired theme of this thread.

(Just some tongue in cheek humor.)

I still plan to come to the next discussion when I'll get a chance now that we have somewhat cleared the first statement at least by some (if not by all). I'm still bothered that Zaidy Cords doesn't seem to be on the same page because I have much respect for him.

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Re: From tragedy to redemption

Posted by cordnoy - 07 Apr 2015 21:57

[Hashivalisesonyishecho wrote:](#)

[cordnoy wrote:](#)

since i dont really know what youre sayin' in the rambam i can't argue, but it did sound like you were continuin' on your theme that if one is sure he won't sin then he wont...if you believe that is the pshat in the rambam and that is the pashut pshat, then i believe that is not the emes.

I think you are too quick to dismiss what I am saying. Especially in light of the fact that some here feel that what I am saying isn't being understood.

[serenity wrote:](#)

I think there really isn't a disagreement here. The disagreement is in the way people are interpreting what your saying.

I think what I'm saying could have some benefit if you would consider it.

But again after all we can still disagree and that's life.

although I post often, I try not to be quick....with this post, I was not quick at all....not even to a non-addict. Don't get me wrong...a person should try to reach the level that he 'knows' he won't sin, but I just don't think it is the knowin' that makes it that he won't sin again.

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Re: From tragedy to redemption

Posted by cordnoy - 07 Apr 2015 22:01

[Hashivalisesonyishecho wrote:](#)

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Since when was the discussion about self esteem?

See, here is where I am gettin' confused.

It seems you wanted to stress that your mehalech is correct, and in this paragraph, what i thought you were sayin', I don't see at all. The main chiddush I thought you were sayin' is that one should get to a point where he 'knows' he won't sin...is that the only way you can give children chinuch?

I am confused...sorry.

my fault though

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Re: From tragedy to redemption

Posted by cordnoy - 07 Apr 2015 22:05

[9494 wrote:](#)

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If self esteem is as described above, it is obviously very far away from belief in ourselves that we will not fail. And now you are mixing self esteem with this other sort of belief-in-self-I-will-not-fail. I would imagine that telling a kid to believe in themselves that they will not fail, is a setup for disaster. When they do fail - probably aint pretty. But, I dont have kids, so could be wrong.

I see I wasn't the only one to notice the switch.

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Re: From tragedy to redemption
Posted by cordnoy - 07 Apr 2015 22:15

[Hashivalisesonyishecho wrote:](#)

[Hashivalisesonyishecho wrote:](#)

[serenity wrote:](#)

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(Just some tongue in cheek humor.)

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i am flattered, but completely undeservin'.

I do believe that if one thinks he will fall, he probably will...at some point.

I do believe that if one thinks or knows he won't fall, that is a good thing.

I do not believe that if one knows he won't fall, he won't.

Am i bein' clear?

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 08 Apr 2015 04:50

[cordnoy wrote:](#)

Since when was the discussion about self esteem?

See, here is where I am gettin' confused.

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I am confused...sorry.

my fault though

I thought I was very clear that knowing that you won't fall is not to be understood in a simplistic way and it certainly doesn't mean saying it to yourself or anything like that. That's why I said all those reallys: ***If one is really(but really really) sure that he won't fall, then he wont.*** Knowing you won't fall has a lot to do with the way you view yourself and the way you view such a fall. It could become a thing that is simply not feasible and therefore highly unlikely. This is through a good positive self esteem combined with an understanding of the level of lowliness of certain activities, to the point that it becomes a level that in person's honest self he just knows that such an act is out of the question.

Also you should know that I am not arguing against the concept of powerlessness. Everyone is powerless about certain things and about others things less so. Everyone has things that are for him not a nisoyon because it is not in his mind viewed at all as an option, such as murder (for most of us). So with such a thing we feel more in power than with things that we experience a true nisoyon. Everyone has certain areas where they have a real struggle to do the right thing, each person with those things that for him present themselves as nisyonos. This is what Rav Dessler z'l refers to as the nekudas habchira. And then there are some areas where it is even worse than that, that we are almost compelled to do the wrong thing. Everyone has such a spectrum but different things are at different points of the spectrum for different people. But that changes in the person as his personality evolves through his life experiences, and so the point of evident powerlessness changes. Just because he is evidently powerless today in a particular area, does not mean that that will forever be his area of struggle. While the baalei mussar say that changing is very hard, they do advise of ways to change, and those ways bring a person to change their nekudas habchira.

I know that for most people this is too much thought and not simple enough to understand but I only brought it to this level when people refused to consider the simple version, thinking that I changed my path while I was saying the same thing all along, only bekitzur by using many reallys to indicate that I wasn't talking about min hasafa ulechutz.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 08 Apr 2015 04:52

[cordnoy wrote:](#)

I do believe that if one thinks he will fall, he probably will...at some point.

I do believe that if one thinks or knows he won't fall, that is a good thing.

I do not believe that if one knows he won't fall, he won't.

Am i bein' clear?

Then I suppose we are close enough and we can move on to the next step.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 15 Apr 2015 16:03

I know I'm supposed to be continuing a discussion but I have not had and still do not have the yishuv hadaas.

In the meantime I am reporting that I have been lusting a lot lately and slipping several times. Reporting it makes me feel like I'm getting a handle on it and hopefully the lusting and slipping will diminish. The lusting is an escape from reality. I am being dealt a large very sharp and bitter portion of maror. I know it is a nisoyon, and the very knowledge that I slipped and was not omed benisoyon is in itself a big nisoyon. I believe that Hashem has good things in store for me and my family and I believe that the nisoyon is a gift from him to make me worthy for more good. (This is what I believe even if other people don't see it that way) The fact that I slipped is very regretful but I hope that by talking about it and thinking about it with this hashkafa I will have siyata dishmaya not to slip more. And I hope that hashem will forgive me.

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Re: From tragedy to redemption

Posted by gibbor120 - 15 Apr 2015 16:38

[Hashivalisesonyishecho wrote:](#)

I believe that Hashem has good things in store for me and my family and I believe that the nisoyon is a gift from him to make me worthy for more good.
We don't know why Hashem gives "good" to some people. Just do your part to the best of your ability, and let G-d worry about His cheshbonos.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 16 Apr 2015 03:57

I slipped some more. This time it is a borderline slip/fall. I see from this that difficulties aren't good for us. Hashem put us in galus to cleanse us but in the depths of galus we sink low. I need Moshiach.

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Re: From tragedy to redemption

Posted by serenity - 16 Apr 2015 04:49

I didn't see your last post but I felt concerned for you. Can you explain that? I never felt worried about you before and had no reason to now. Please explain this to me.

What comes to mind to say to you is that if you can do 105 days, then you can do one day! If you're thinking about the future, just forget about it! It's irrelevant and doesn't even exist until God creates it. Whatever you are dealing with a slip or fall will not help it. You will be upset and stressed not only about whatever is going on, you will have even more upset and stress over a fall. You will also have a harder time dealing with the underlying issue. If you get through this, you will be so happy and strong after!!! You can do it!!! I need you to get through this!

Call someone and sit on the phone with them until this passes. Message me in groups or to my email and I'll give you my number, if you want it.

(((((Hashiva)))) ((((())) = cyber hugs

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Re: From tragedy to redemption

Posted by Palti-Yossef - 16 Apr 2015 08:56

Hi Hashiva,

I'm sorry to hear about your slips..

I slipped too so I understand you very much right now. I think (at least for me) that summer is a part of it, seeing undressed people everywhere is not easy and we have to be much more aware than ever..

Also this feeling of being absorb little by little in lust is very scary..

Don't really know what to tell you except that we stand with you. Waiting for good news

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