

Free Choice?!!

Posted by stillgoing - 28 Apr 2015 23:01

Hello. I'm new here, and I was going through the handbook and I got a little bit stuck on the part about free choice. it seems from there (page 79 in case you haven't memorized it yet:)) that when we have a huge urge to act-out, we almost don't have bechira. But in that case then what we did was not a sin, since we had no free choice about it. When my two year old is alone at the table with a piece of gooey cake and he grabs it, I don't punish him for that since I know that he has no free choice, but MZ'L *is* a huge sin. Maybe someone can help me understand this.

Thanks.

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Re: Free Choice?!!

Posted by shlomo613 - 03 May 2015 20:25

[pischoshelmachat wrote:](#)

It seems all the streets I travel through have many large holes. I may have to move to a new city or ask hkbh for a helicopter to fly me above the dangerous neighbourhoods.

LOL!!

and hahaha!

Good one!

I'm sorry if you didn't mean it to be funny - but it was a humourous post

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Re: Free Choice?!!

Posted by Gevura Shebyesod - 03 May 2015 21:48

Eagle wings work too.

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Re: Free Choice?!!

Posted by stillgoing - 04 May 2015 01:45

Or a NA NACH School bus, with monster wheels.

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Re: Free Choice?!!

Posted by stillgoing - 05 May 2015 02:24

serenity

Don't fight stress, accept it and surrender it. Hatzlacha!

What does that mean practically?! Scenario: We are going on a trip. It is a winter Friday. I want to leave by 12:00 so we won't have to worry about getting there on time. At 11:30 I come home to find the home flying, packing not done yet and no one ready. So I'm not discussing right now about who to blame for it. Lets say one kid had an accident, another is sick, and my wife was up all night. So I'm not blaming her, but the stress is major! We end up leaving at 12:45 amidst tension and grit teeth. Now there is traffic HELP! How do I or don't I fight the stress, accept it and surrender it? Feel free to alter any part of the scenario.

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Re: Free Choice?!!

Posted by Gevura Shebyesod - 05 May 2015 02:27

Did you stow away in my car the last time we went away for shabbos??

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Re: Free Choice?!!

Posted by serenity - 05 May 2015 03:54

I mean sober living on spiritual principle as found in the 12 steps or similar.

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Re: Free Choice?!!

That entire scenario wouldn't happen when we are living a sober life.

Posted by serenity - 05 May 2015 04:00

The 9th step promises of AA

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

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Re: Free Choice?!!

Posted by serenity - 05 May 2015 04:28

If you look through the steps, it really doesn't take a genius to see that working through them will lead to the life as promised by the 9th step.

These are the concepts behind the 12 steps.

Principles for the Twelve Steps

1. Honesty

2. Hope

3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly Love
9. Justice (Making amends)
10. Perseverance
11. Spirituality (awareness)
12. Service

Living a life of hope and faith in God's Will, rigorous honesty, giving to others, making amends when we do wrong; what could be better?

Back to your question, "What does that mean practically?!". You may have to find for yourself how to make acceptance and surrender work. This is how it worked for me in the past. I took a deep breath or three. Thought what is the best way for my sobriety to proceed right now? I accepted that the situation I found myself in was the exact the situation that God wanted me to be in that time, in that place and under those circumstances. I realized that fighting the situation I was in was not going to do anything to help me, so I surrendered to it.

In your scenario, the fact that you didn't find fault with others is very good. Especially while the incident etc is happening, there is no point to finding fault. What you may wish to do, now that's it's over is find where your mistake was in the situation. This may be hard to do and you may need help from someone who knows you well, like a sponsor. Personally I've been in that situation many times, in the past. My mistakes are usually a major part of the chaos.

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Re: Free Choice?!!

Posted by stillgoing - 05 May 2015 20:19

serenity

"What does that mean practically?!". You may have to find for yourself how to make acceptance and surrender work. This is how it worked for me in the past. I took a deep breath or three. Thought what is the best way for my sobriety to proceed right now? I accepted that the situation I found myself in was the exact the situation that God wanted me to be in that time, in that place and under those circumstances. I realized that fighting the situation I was in was not going to do anything to help me, so I surrendered to it.

If *feel* that what you are writing is true, I just also feel that if I would do those things, I would be just as tense. But, I guess, that's why we are given years on this world. Things take time to
(It's shouldn't take too long
for the next scenario to pop up so I can practice.)

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Re: Free Choice?!!

Posted by stillgoing - 08 May 2015 01:19

serenity

"What does that mean practically?!". You may have to find for yourself how to make acceptance and surrender work. This is how it worked for me in the past. I took a deep breath or three. Thought what is the best way for my sobriety to proceed right now? I accepted that the situation I found myself in was the exact the situation that God wanted me to be in that time, in that place and under those circumstances. I realized that fighting the situation I was in was not going to do anything to help me, so I surrendered to it.

develop, and there's no better time to start working on it then now!

If *feel* that what you are writing is true, I just also feel that if I would do those things, I would be just as tense. But, I guess, that's why we are given years on this world. Things take time to
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Re: Free Choice?!!

Posted by TheBigX90 - 08 May 2015 02:06

I do agree with what stillgoing wrote, that it takes many years to work on it. However, what I find to work, is to try to find time during the day (usually sometime @ night) to relax by taking a stroll, listening to music, even 15- 20 minutes of this is helpful as it lets your body wind down & relax from tension during the day!

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Re: Free Choice?!!

Posted by cordnoy - 10 May 2015 05:56

[stillgoing wrote:](#)

serenity

Good luck on your quest to accomplish this goal!
Don't fight stress, accept it and surrender it. Hazzlacha!

What does that mean practically?! Scenario: We are going on a trip. It is a winter Friday. I want to leave by 12:00 so we won't have to worry about getting there on time. At 11:30 I come home to find the home flying, packing not done yet and no one ready. So I'm not discussing right now about who to blame for it. Lets say one kid had an accident, another is sick, and my wife was up all night. So I'm not blaming her, but the stress is major! We end up leaving at 12:45 amidst tension and grit teeth. Now there is traffic HELP! How do I or don't I fight the stress, accept it and surrender it? Feel free to alter any part of the scenario.

accept that that's what god wants

bhatzlachah

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Re:i flubbed my Free Choice.

Posted by stillgoing - 31 May 2015 22:12

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Re:i flubbed my Free Choice.

Posted by yiraishamaim - 31 May 2015 23:43

Rabbi Avigdor Miller used to say that Hashem has us on a rotisserie like a chicken he wants us beautifully golden brown on all sides.

still going you are a work in progress(like all of us) and one that is finding some nice success in the lustful challenge of life.

We are just being reminded there is much work to do to be golden brown in all midos.

Don't sweat it! you have shown progress throughout the years in that area as well.

But heavy focus on ka'as? only one midah at a time my friend.

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