

Free Choice?!!

Posted by stillgoing - 28 Apr 2015 23:01

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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:i flubbed my Free Choice.

Posted by yiraishamaim - 01 Jun 2015 01:14

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Have long has it been that you have smashed a wall? Yeah its a bit much to smash a wall, - but not nearly as much damaging as you getting down on yourself will do. its more impressive and more against tevah that you have been clean of acting out for 37 days! your better off meditating on that!

Are you indeed a danger to others because of your Ka'as?

If its been a long time that you have gotten so angry and you are not abusive to others then sure daven for help, learn some mussar on the subject- pele yoetz etc. but I would not get down or too side-tracked.

you have truly made progress in one area and you want to keep your main focus there.

Stay Happy! Keep Truckin'

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Re:i flubbed my Free Choice.

Posted by gibbor120 - 01 Jun 2015 19:34

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[stillgoing wrote:](#)

That's all fine if I'm just cursing and sometimes stumbling. But for a grown man to go and smash a wall... I feel that it's a new level and I need some emergency measures to fix it! (not the wall, that can wait.)

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Re:i flubbed my Free Choice.

Posted by stillgoing - 01 Jun 2015 22:54

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~~Get a cement wall, that should fix the problem~~

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Re:i flubbed my Free Choice.

Posted by stillgoing - 01 Jun 2015 23:29

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Re:i flubbed my Free Choice.

Posted by unanumun - 02 Jun 2015 15:24

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[stillgoing wrote:](#)

Ha! There are other things...

But what can I do right now to relieve some of the pressure without the pot exploding.

I recently picked up the guitar. i found it very therapeutic. you can really get into some strong strumming to "let it out" it is not so difficult to learn there are very good free lessons available for beginners on the internet.

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Re:i flubbed my Free Choice.

Posted by serenity - 02 Jun 2015 20:55

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Go for a hike

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Re:i flubbed my Free Choice.

Posted by shlomo613 - 02 Jun 2015 22:59

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A long walk on a short plank

**Warning: Spoiler!**

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Re:i flubbed my Free Choice.

Posted by stillgoing - 02 Jun 2015 23:15

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So many good ideas

-Get a cement wall,

-Take a hike,

-let it out

-A long walk on a short plank.

Maybe if try them all.. like taking a long hike on a short cement wall while smashing a rotisserie chicken stuck in a guitar. That should do it.

But serously, Thanks for all of the help. Even the ones that were facetious (i hope) showed me that people care about me and are listing.

**yiraishamaim**

Are you indeed a danger to others because of your Ka'as?

I don't hurt other people, and I don't often lash out. I usually smile and nod, people know me as a very friendly guy, When I do get angry it happens in seconds, not enough time to grab a guitar, and if I did, I'd probable throw it at the cement wall gibbor built in my house and then take

I guess you are all getting at the same point. When I smile and nod, I'm probably doing the anger version of white knuckling. I've got to find a way to defuse *before* I get angry.

On that note (d minor) where are those on-line guitar lessons unanumun was talking about? (I  
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Re:i flubbed my Free Choice.

Posted by TheBigX90 - 03 Jun 2015 14:43

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I'd like to give a bit of input on this matter as I find that I have this issue sometimes. I can be caused by a lack of communication. sometimes I find that smiling & nodding aren't helping myself rather hurting myself,so therefore I'm trying to fix this problem by being more assertive. Now, I don't mean aggressive, I mean to voice your frustration to the other person in a non-biased/non-judgemental way. I agree that this isn't an easy thing to do, but it's alot better than hitting a brick wall.(especially for your hand). That being said, I still do agree with what everyone else said that it may be helpful at that present moment to release the tension. Hatzlocho Rabbo!

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Re:i flubbed my Free Choice.

Posted by stillgoing - 03 Jun 2015 23:02

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Thanks. Communication is probably a factor. This reminds me of something Serenty wrote earlier on this thread.

### **Serenty**

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.

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Re:i flubbed my Free Choice.

Posted by unanumun - 04 Jun 2015 14:58

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[stillgoing wrote:](#)

On that note (d minor) where are those on-line guitar lessons unanumun was talking about? (I )

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Re:i flubbed my Free Choice.

Posted by stillgoing - 04 Jun 2015 23:01

Just in case you were half serious: [Here is a great start for free lessons](#)

Of course I was half serious. I was even 3/4 serious. I'm debating because someone offered me an old guitar, but I live in a very crowded home (b"H), so I really don't know where I'd keep it. I may give it a try though. Thanks.

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Re:i flubbed my Free Choice.

Posted by Gevura Shebyesod - 04 Jun 2015 23:57

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Re:i flubbed my Free Choice.

Posted by shlomo613 - 05 Jun 2015 02:07

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What would you call the band?

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