

First step in the right direction ??? ????? ???????  
Posted by 5678 - 15 Sep 2024 05:58

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Hi all, I'm new here and still figuring out my way around this site, I don't have the courage to open up all the way, but I feel that I have to post something, so I'm taking the first step in the right direction ??? ????? ??????? ?????

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Re: First step in the right direction ??? ????? ???????  
Posted by vehkam - 13 Nov 2024 04:20

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Thank you. Changing the all or nothing perspective is an essential part of the mind work necessary to overcome the challenges you face. There is no quick fix but there can be an immediate change of direction.

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Re: First step in the right direction ??? ????? ???????  
Posted by 5678 - 13 Nov 2024 04:39

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[youknowwho wrote on 13 Nov 2024 03:03:](#)

[5678 wrote on 13 Nov 2024 02:13:](#)

[vehkam wrote on 12 Nov 2024 20:38:](#)

[5678 wrote on 12 Nov 2024 18:16:](#)

[vehkam wrote on 12 Nov 2024 14:26:](#)

Thank you for your post. It is painful and confusing when our motivation changes from day to day. May I suggest that you make small commitments that you can keep to. For example committing to learn 10 minutes of Chumash rashi every Thursday, committing to daven in Shul one dedicated tefila every week etc... instead of shooting for everything at once. . Keep to those small commitments religiously and eventually with hashems help you will be able to build and expand on them.

Thanks for the suggestion, I'll try it, but I don't think this will work for me as I'm a whole or nothing kind of guy, I think I need some deep mind work done

All or nothing comes directly from the yetzer hara....

That right, but what do I do now?

thanks for adding something to my list of things I have to work on.

Vehkam's comment is not just another thing to add to your list, it's one major nekudah that can help you with **everything** else on your list.

It's the key to everything.

Waiting around for "deep mind work" may end with you even more hopelessly lost deep inside your brain.

Think about what Vehkam is saying. And maybe try reading his thread to see how he used this approach to get out of the worst situation you can imagine.

Feeling your pain (I really related to your post on a very personal level) and hoping for your hatzlacha!

It was supposed to be a wink emoji after that comment

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Re: First step in the right direction ??? ????? ???????  
Posted by 5678 - 13 Nov 2024 04:40

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[vehkam wrote on 13 Nov 2024 04:20:](#)

Thank you. Changing the all or nothing perspective is an essential part of the mind work necessary to overcome the challenges you face. There is no quick fix but there can be an immediate change of direction.

Thank you

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Re: First step in the right direction ??? ????? ???????  
Posted by 5678 - 13 Nov 2024 08:02

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Hi all, I spoke to HHM earlier, and he helped me clear my mind and think straight, so basically, we decided that changing all or noting nature will be hard for now, and according to HHM it's part of the ?????????? DNA, so we came to a conclusion that I'll take 1 think that i feel is the most meaningful to me and I'll do that all the way.(We basically changed the definition of the ALL mindwork),I chose chumish rashi, and he recommended that I start right then. Bh, i did, and I'm up to shlishi.I'm feeling better Bh

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Re: First step in the right direction ??? ????? ???????  
Posted by odyossefchai - 13 Nov 2024 11:07

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[5678 wrote on 13 Nov 2024 08:02:](#)

Hi all, I spoke to HHM earlier, and he helped me clear my mind and think straight, so basically, we decided that changing all or noting nature will be hard for now, and according to HHM it's part of the ?????????? DNA, so we came to a conclusion that I'll take 1 think that i feel is the most meaningful to me and I'll do that all the way.(We basically changed the definition of the

ALL mindwork),I chose chumish rashi, and he recommended that I start right then. Bh, i did, and I'm up to shlishi.I'm feeling better Bh

Changing all or nothing ANYTIME won't be hard right now. It will be IMPOSSIBLE FOREVER.

There's no such thing as changing all or nothing.

Our greatest tzadikim sinned regularly. (See ramban last weeks parsha on Sarah hurting Hagar)

We have Yom Kippur every year where we explicitly list our many sins, including some serious ones.

We mention chiyuvei missos beis din. You don't get that unless you really want it! And yet Hashem forgives.

We say every single day three times, Selach Lanu. Who's that for? Someone who is perfect?

Being perfect is just the yetzer hara when he has nothing left to give.

Please continue sinning for the rest of your life while at the same time continue shteiging like you are already doing. Continue making monumental improvements in your life. You are a true hero.

Perfection is the enemy of success (Rabbi Frand-i think)

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Re: First step in the right direction ??? ????? ????????

Posted by Muttel - 13 Nov 2024 11:07

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What a brilliance, using the all or nothing mentality effectively!

Something to remember, take one small thing and do it all the way....

Thank you for sharing this!

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Re: First step in the right direction ??? ????? ???????  
Posted by Hashem Help Me - 13 Nov 2024 12:29

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[Muttel wrote on 13 Nov 2024 11:07:](#)

What a brilliance, using the all or nothing mentality effectively!

Something to remember, take one small thing and do it all the way....

Thank you for sharing this!

Now you know how to deal with our Ungarishe brethren.....

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Re: First step in the right direction ??? ????? ???????  
Posted by 5678 - 24 Nov 2024 06:27

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Hi all, thanks for your support till now, lest 2 weeks i B"H finish chumish rashi, doing every day a bit, and last week i said tehillim every day on the day of the month, and I also started learning Tanya divided on the year, i hope know hashem is proud of me.

Bh im almost at 90 days, any ideas how to celebrate?

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Re: First step in the right direction ??? ????? ???????  
Posted by 5678 - 27 Nov 2024 04:03

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Hi holy brothers, thank you all for the chizik here and in private. A small update on my life, in

kadusha im B"h almost at 90 days, had some small challenges and bumps but was able to swim through it, (when I'll have time and clarity I'll iy"h write down what helped me in my kadusha struggle).

in other parts of Yiddishkeit last 2 week I learned chumish rashi every day Sunday till ??? Monday-????? Thanks HHM to give me the push to start, and I also said tehillim every day on the day of the month, and learned Tanya on that day.

I know i still have a long way to go, Davining learning gmura, but I'm looking on from where I'm coming,

In Gashmius bh all is good, business is doing fine, some violations but that's normal, family is healthy bh, Shalom Bayis is bh getting better from day to day,

Thank you hashem for all the goods I have in my life, and thank you hashem for my struggles in kadusha i wouldn't have asked for it but now that I have it i know that over coming it, brings me closer to you, and you giving me the struggle is because you wanted me closer, so I feel kinda privileged.

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Re: First step in the right direction ??? ????? ???????  
Posted by 5678 - 29 Nov 2024 19:44

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Hi all I'm b"h reaching 90 clean days tonight, it's a big simcah, who ever can should please drink a l'chyaaim tomorrow.

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Re: First step in the right direction ??? ????? ???????  
Posted by odyossefchai - 29 Nov 2024 19:54

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Today is also my 90th. I'll clink my glass in your general direction. (I don't know where that is so I'll wave it all around)

Luckily we can't drive on shabbos.....

I doth my cap to you for putting in the work (those that have done the work, know what that entails) to make it this far.

May Hashem shower you with HUGE bracha

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Re: First step in the right direction ??? ????? ???????  
Posted by rebakiva - 29 Nov 2024 20:01

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Mazal tov on your 90th one day at a time, may you be zoiche to your whole life clean going forward.

I'll try to drink a lechayim in your honor, just hope I wont knock myself out from the many lechayim's I'll have to drink...

Have a wonderful shabbos, With love Akiva

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Re: First step in the right direction ??? ????? ???????  
Posted by 5678 - 29 Nov 2024 20:17

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[odyossefchai wrote on 29 Nov 2024 19:54:](#)

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Luckily we can't drive on shabbos.....

I doth my cap to you for putting in the work (those that have done the work, know what that entails) to make it this far.

May Hashem shower you with HUGE bracha

Thanks, I just read your story, your a real inspiration, a real hero in our times git shabbos

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Re: First step in the right direction ??? ???? ????????

Posted by 5678 - 29 Nov 2024 20:19

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[rebakiva wrote on 29 Nov 2024 20:01:](#)

Mazal tov on your 90th one day at a time, may you be zoiche to your whole life clean going forward.

I'll try to drink a lechayim in your honor, just hope I wont knock myself out from the many lechayim's I'll have to drink...

Have a wonderful shabbos, With love Akiva

Akiva I think you should doven Minchah tomorrow before you start to drink

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