

## Tips for New Users

Posted by Shteeble - 02 Sep 2010 03:55

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This topic is designed to help the new user get a QUICK understanding of what this site is all about. It is intended to help the user get an idea of where to start.

Be"H I will be posting a lot of bits and pieces (probably mostly quotes) that I find to be helpful in this regard.

If you have any comments or questions please PM me. (by clicking one of the little chotchkes under my username to the left of this post) (Unless of course, you're a GUEST, in which case you can't PM until you sign up.)

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## Depression Free

Posted by Shteeble - 02 Sep 2010 20:28

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Here is an amazing and eye-opening quote from the Tanya (Chapter 27, abridged):

Should sadness come to a person because of evil thoughts and desires that enter his mind, he should, on the contrary, be happy in his lot in that, although they enter his mind, he averts his mind from them in order to fulfill the injunction "You should not go after your heart and your eyes after which you go astray". When he averts his mind from them he fulfills this injunction. Indeed, the Rabbis have said "he who passively abstained from committing a sin receives a reward as though he had performed a precept". Consequently, he should rejoice at his compliance with the injunction as when performing an actual Mitzvah Aseh...

And with every thrust (of the temptation) wherewith he expels (the thoughts) from his mind, the sitra achra ("the other side") down below is suppressed, and since "stimulus from below causes stimulus above", the sitra achra above is also suppressed.

Thus the Zohar(p.128) extols the great satisfaction before Hashem, when the sitra achra is subdued here below. For then the glory of Hakadosh Baruch Hu rises above all, more than

through any praise, and this ascent is greater than all else.

Therefore, no person should feel depressed, even should he be engaged all his days in this conflict, for perhaps because of this he was created and this is his service--to constantly subjugate the sitra achra.

(from a link in the handbook - tool #2)

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A Life Of Pleasure

Posted by Shteeble - 19 Sep 2010 23:38

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Hello to all,

Just wanted to share the news that I've decided to aim for a life of pleasure. The question is, how to achieve that?

By giving into inappropriate desires? I know from experience that, after experiencing some brief pleasure, I am totally miserable when I do that and it takes days just to BEGIN recovering.

So, whatever it means to live a life of pleasure, it will require me to stay clean and sober, one day at a time.

The truth is, I don't think a life of pleasure is really the proper goal. A life of happiness - of

Simcha shel Mitzvah is the way to go. But even if one is aiming for pleasure, it is necessary to recognize what will bring pleasure and what will bring agony.

(from a GYE member on the forum)

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Believe You Will Succeed

Posted by Shteeble - 21 Sep 2010 10:55

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The Vilna Gaon says that what a person says they want, and even what they feel they want, has no relation to what they actually want. The Yetzer Hara was given permission to make a person feel they want something they really don't. And the same goes for what a person feels they can or cannot do. This has no relation to what they can or can't do in reality. So believe you will succeed, even if you feel you can't!

The biggest obstacle to succeeding is not believing you can succeed. The first impediment to overcoming this addiction is not in your genes, your childhood or your environment. If you believe you can succeed and are willing to make the effort, you will find the way out. Absolutely NOTHING stands in the way of a true RATZON. You can read the recovery stories on our site to see that many people even worse off than you have successfully broken free of this addiction.

(GYE Handbook / Chizuk Email)

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Re: Believe You Will Succeed

Posted by stillgoing - 23 Aug 2015 15:23

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Am I allowed to post on this thread, or is it only for Shteeble? I feel like I'm desecrating it by changing the picture...

**Shteeble**

Be sure to pick a username that is meaningful to you. Keep in mind that this is what your friends (your support team people) are going to call you.

Just imagine this...

Dear OylCan'tThinkOfANameRightNow,

I just finished reading your post, and I want to show you some support.....

or...

Dear R' Oy,

Keep on posting.... let me know.... keep on trucking... don't get down... daven...

Dear Can't Think,

Ok you get the message!

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