

a couple of small things

Posted by jda211 - 17 Aug 2009 13:19

Firstly, full discretion, I am not someone who is far down the path of recovery. These are just some things that help me sometimes to win a few battles.

First of all, something that may seem obvious, but occurred to me recently as being a problem. Many times the Yetzer will come to me and tell me to sin. I will say no, and when he asks why, I have no answer. We all know that this sin is awful, and we have all seen the mekoros on why this is so bad, but sometimes trying to recover, we forget concrete reasons when we are in the moment. I know for me, to have some of the bad involved with the averah on my fingertips is helpful, not to get depressed about it, but to have a quick answer.

Also, in one of the emails someone posted a link to a shiur by Rav Wallerstein on the challenges of summer. One of the things he mentioned was the Malach in charge of getting people to stray with their eyes is named Putah. When a name was put on him it helped, and when a nisayon came, I would speak to him. "Putah, what do you want me to do now". "Putah, why are you trying to get me to do things."

And lastly, something someone else pointed out (just saying it helped me) was that there aren't THAT many nisyonos during the day, and not counting them, but saying when one comes up, oh this is a small one, let me get past this and it wont be see bad. And maybe even trying to count them during the day.

Kol Tuv

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Re: a couple of small things

Posted by Eye.nonymous - 22 Aug 2009 18:12

[JD wrote on 17 Aug 2009 13:19:](#)

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Right on the mark. One day at a time, and sometimes one minute at a time.

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