

Guilt-Control

Posted by Shtarkandemotional - 28 Sep 2022 01:17

Hi all, I was thinking it may be a smart idea to create a separate thread for people that struggle with guilt where we can share insight and helpful ideas and tips. In my own personal journey I've found that guilt causes us many times to fall even further and stops us from performing other mitzvos properly. I'm wondering if anyone on this site would have an interest for such a thread? If yes, please click the "thank you" button so we know to constantly add ideas that will be helpful. Additionally, this thread can only really be helpful if everyone posts about what helps them personally when they feel full of guilt. Everyone please share your personal ideas, tips, awarenesses etc etc! You never know how much your 2 sense can help another individual! Looking forward!

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Re: Guilt-Control

Posted by DavidT - 28 Sep 2022 15:51

The danger of feeling too guilty is greater than the danger of not feeling guilty enough.

(See Sichos Musser from Rav Chaim Shmulevitz Ma'mer 55 in the new edition).

Every person should feel he is a child of Hashem with a holy Neshama. Hashem doesn't make defective goods. There is never room for despair or shame. However, healthy "guilt" is important. As the Nesivos Shalom writes in Parshas Noach, the guilty feelings we have are a gift from Hashem that come from the inherent good inside every Jew. Indeed, he writes, a Jew who does not have these feelings anymore, no longer has much hope.

There's a simple test we can do to know whether we are being motivated by healthy guilt/regret or by shame/despair. If we see that we want to get right back up and find ways to strengthen ourselves again, then it's a sign that our "bad" feelings are those of healthy guilt and positive regret. If, however, we feel that we just want to give up, then it's a sure sign that we are experiencing despair and shame, and we must quickly find a way out of these harmful feelings before they lead us to a vicious cycle of continued falls.

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