

FEELING WEAK

Posted by Kedusha252 - 09 Jun 2010 22:42

Dear forum,

Right now I am feeling a little bored and weak in the challenge of shmiras einayim. I think the most important thing for me to realize right now is that even if I am actually weak right now the truth is that the Satan is telling me this and I can will myself out of it.

All I need to tell myself is I am actually strong it's just that the Satan wants me to think I'm weak so I thrown in the towel and just give in.

Now I am feeling a little stronger and hopefully I can continue to think positively from now on!

TrueRatzon.

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Re: FEELING WEAK

Posted by Ineedhelp!! - 09 Jun 2010 23:01

Hey TR,

Its an impulse that you are feeling. It is natural to act on your impulse becasue thats what addiction to your state of mind. Tell yourself you will not act on impulses and you will be a thinking person. You will think things through before doing them. If you have time think about this question: Do you TRULY love yourself? If you do then why do you act out? If you realize you dont then what can you do to make you truly love yourself?

Hatzlocha!

-Yiddle

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Re: FEELING WEAK

Posted by Kedusha252 - 09 Jun 2010 23:12

Hey Yiddle2,

I like what you said about thinking if I love myself. I also like what you said about thinking things through. When I used to struggle a lot and fail in the past I used to say to myself, you know what will make me stop next time?, if I simply think things through slowly and become a thinking person.

I also tell myself: "Respect yourself!"

TrueRatzon

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Re: FEELING WEAK

Posted by teshuvahilaah - 11 Jun 2010 14:10

My rabbi often says that our lack of respect for ourselves leads us into behaviors that are less than admirable. I can imagine that most of us here do respect ourselves. It is the challenge of the impulse which clouds our mind from reason and a healthy self conception. Still, we can grow. Probably alot. And if we grow in our sense of dignity and self worth, in our temperament and character traits, perhaps the impulse will not be as clouding and dominating as before. Perhaps we'll have an inner, subconscious reserve of strength to rely on. We don't have anything to lose by refining ourselves and gaining self worth. Afterall, the same G-d who calls us to return also calls us to be joyful. If we are called to be joyful, in spite of our past, surely we also have a green light to self worth and dignity.

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