

Shteeble's collection of inspiration  
Posted by Shteeble - 26 Sep 2010 14:07

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#1

Welcome to my collection of inspiration.

The following is my own personal collection of THINGS. (posts, chizuk emails, tidbits, thoughts etc.)

This collection contains the things I want to remember and review on a regular basis.

Remember, this is a COLLECTION, and I do not take credit for the ideas expressed here. I think that most of what I will post will not be my own ideas.

Posting them here will also allow anyone who likes to to read and possibly benefit from them.

Any comments please feel free to pm.

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Staying Happy  
Posted by Shteeble - 26 Sep 2010 14:26

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#2

[eslaasos wrote on 26 Oct 2015 23:45:](#)

I knew/assumed many people struggled in this area, but I never thought it was possible to be so

successful in controlling it. I also never imagined people would be so frank in discussion and honest with themselves, thereby allowing themselves to see their inner feelings so clearly.

I learnt so much about character development, which was unexpected. Now I have to start applying it...

In retrospect, my biggest battle may have been staying positive. Not beating myself up and looking down at myself, which sent me off escaping again. The chevra here have taught me by example to keep fighting, keep looking up despite anything and everything. They taught me to believe that Hashem really does love me through everything. I still have a lot of battles ahead of me, and some of them are going to be painful, but now I have faith that Hashem is there for me if I'm there too.

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### Pleasure That Lasts

Posted by Shteeble - 26 Sep 2010 23:16

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#3

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[Note: It is now 2023. I am deleting the text of posts that don't speak to me anymore.

We change over time, and concepts that used to be helpful may no longer be so.

I plan on reviewing this thread often, and I only want to see what is most helpful. At the same time, I don't want a bunch of posts that just say "deleted," so I plan on putting new pieces of inspiration in place of the old.]

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Posted by Shteeble - 26 Sep 2010 23:20

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#4

vayimaen.org

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re  
Posted by Shteeble - 26 Sep 2010 23:23

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#5

the battle of the generation (kindle book)

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Re  
Posted by Shteeble - 28 Sep 2010 02:56

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#6

taphsic method

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#7  
Posted by Shteeble - 28 Sep 2010 03:12

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#7

F2F = flight to freedom (gye program)

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Pain Is Gain  
Posted by Shteeble - 03 Oct 2010 16:21

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#8

Rabbi Shafier's "The Fight"

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continued

Posted by Shteeble - 04 Oct 2010 11:49

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#9

Rabbi Moshe Weinberger's Chaburas Yosef HaTzaddik

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Giving In Will Solve Nothing.

Posted by Shteeble - 05 Oct 2010 08:34

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#10

"Positive Vision" a book by Artscroll

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Popped Bubble

Posted by Shteeble - 05 Oct 2010 08:38

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#11

The following is from "The Battle of the Generation" page 79:

The Chazon Ish (Emunah U'Bitachon 4:1) writes that although our Sages taught us about many different middos and how to perfect them, one middah matters more than any other: the trait of

deciding to fight our negative impulses. No matter what middos a person struggles with, the most important factor is whether he allows them to run his life or fights back. That will determine whether he will overcome his bad traits and where he will end up as a person.

S., Hillel. The Battle of the Generation (pp. 79-80). Kindle Edition.

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The Front Lines

Posted by Shteeble - 05 Oct 2010 08:40

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#12

"We discussed yesterday how the Yetzer Hara is all air, and how by using your head, you can conquer him without a major battle in your heart.

However, this is only true if you guard your eyes carefully.

Once the eyes start to see, the heart starts to lust, and the battle switches over from being in the mind to being a much more difficult battle of the heart.

Therefore, a person must make boundaries for themselves! Accept upon yourself to stop doing the things that cause the heart to become aroused. "

Shteeble: Pause for a moment and try to think of things you do that cause you to become aroused.

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Tefillah

Posted by Shteeble - 05 Oct 2010 08:42

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#13

"There is nothing as powerful as prayer to help a person break free and overcome the greatest tests.

Make a note of pesukim in Tehilim that you feel relate to your situation.

Compile a list of tehilim to read over to Hashem, with a broken heart, when you are feeling weak."

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Re: world's collection of inspiration  
Posted by Shteeble - 06 Oct 2010 15:17

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#14

It is easy to follow our impulses, especially because they are so strong. Giving up takes the least effort, while fighting them requires an incredible amount of energy. Nevertheless, it is crucial that we take control of our actions. Although we might feel weighed down by strong desires and bad habits, we can conquer these impulses if we say to ourselves, "I don't want things to go this way. I want to be in control and live a thrilling and rewarding life! I want to feel good about myself, and I want to be happy with the path I chose. I won't let any desire control my life any longer, no matter how strong it is! I will stand up and fight!"

S., Hillel. The Battle of the Generation (p. 80). Kindle Edition.

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Re: world's collection of inspiration  
Posted by Shteeble - 10 Oct 2010 02:18

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#15

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