

Short insights with long lasting results

Posted by gyehelp2017 - 17 Jun 2019 19:15

A new thread I would like to start,

With all of you dear friends taking a part,

"Short insights with long lasting results" it will be,

So that chizuk, inspiration and strength you can see,

So if you have any short insight to share,

Please have us all in mind and post it right here,

May Hashem give us Hatzlucha on our way,

With spreading Kidusha each and every day!!!!

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Re: Short insights with long lasting results

Posted by Markz - 21 Aug 2019 17:38

[gyehelp2017 wrote on 21 Aug 2019 14:57:](#)

#50

Hashem does not give us struggles that we cannot overcome. Sometimes we got to use all that we got to keep strong, But we definitely can overcome those struggles.

Hey 2017, Hi!

This maybe true, it could be good if you could upgrade the hard drive with backup (source sheets...)

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Some struggles we have are overcome-able, yes - with help from outside ourselves!

I'm just sayin' what works for me :-)

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Re: Short insights with long lasting results
Posted by gyehelp2017 - 21 Aug 2019 17:58

[Markz wrote on 21 Aug 2019 17:38:](#)

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As I once heard from Rabbi Avrohom J. Twersky speaking about concept in the 12 steps - being 'powerless', and someone asked him that according to torah we always have Bichirah, how can that work together? He answered brilliantly, that yes! We always have bichirah to do whats right, for some with their own power, and others that are powerless themselves (according to the 12 steps) with the help of others outside of ourselves (Higher power, group meetings, the steps.....). But we always have the power to get to the bottom line to overcome even the worst addictions, each to their own.

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Re: Short insights with long lasting results
Posted by Shnitzel and kugel - 21 Aug 2019 19:02

I don't see the contradiction, with all friends and "outside help" which is necessary, however if the person himself doesn't want to change then no friends or therapy will help.

I chose to join gye, I chose to fight each urge, I chose to go to therapy, I chose to join live meetings, it was my free choice.

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Re: Short insights with long lasting results
Posted by Shnitzel and kugel - 21 Aug 2019 19:07

[gyehelp2017 wrote on 21 Aug 2019 17:58:](#)

[Markz wrote on 21 Aug 2019 17:38:](#)

[gyehelp2017 wrote on 21 Aug 2019 14:57:](#)

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I heard another pshat, that a person is born with the ability of free choice, if he became an addict and lost free choice, then ye he chose to take that path which eventually took away his power of free choice.

It's like a person which makes himself deadly ill to a point that he has zero control to choose to live because at that stage it's too late, he used his "free choice" to end up in a situation which can't be backtracked.

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Re: Short insights with long lasting results
Posted by Dave M - 21 Aug 2019 20:04

R' Shafier speaks about this in his "Fight" series. Many ppl were put in certain situations that were nearly impossible to overcome. Their nisayon was not to overcome that specific challenge. Rather, once they were put in that situation how did they respond? Once they became addicts, did they seek the necessary help?

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Re: Short insights with long lasting results
Posted by gyehelp2017 - 22 Aug 2019 16:04

#51

As long as we believe that we can change, then we have hope. And as soon as we actually take our first step to change, then not only do we have hope, we also start having freedom.

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Re: Short insights with long lasting results
Posted by Markz - 22 Aug 2019 16:15

Not true

disclaimer 1: if you post on a forum then you run the risk of someone actually responding. Who doesn't like a friendly convo???

disclaimer 2: if you post on a forum w/o sources you run the risk of someone thinking that it's Cholent (old user) posting in Mottel's Kitchen (old thread) with some Boich svara's. A diet may

be helpful...

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Re: Short insights with long lasting results
Posted by Shnitzel and kugel - 22 Aug 2019 17:24

Not true

If you have a good vort to say, something that might help someone in his avoidas hashem,
practicalur in this area regardless if the source was provided then post away!

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Re: Short insights with long lasting results
Posted by Dave M - 22 Aug 2019 18:40

[Shnitzel and kugel wrote on 22 Aug 2019 17:24:](#)

Not true

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Agree. This forum is not a learning seder. It's for providing/receiving chizuk

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Re: Short insights with long lasting results
Posted by Markz - 22 Aug 2019 19:03

Not true

We can debate on someone else's thread what the forum is for, but it definitely is also for sharing what works, and saying that we "start having freedom when we take the first step" is not a fact of life at all for most people in many many situations.

Dave & Kugel, if your life experience is otherwise, I'm very happy for you...

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Re: Short insights with long lasting results
Posted by gyehelp2017 - 23 Aug 2019 04:35

#52

We all have a mission to fulfill here on this world, and no two people were created the same. So let us never feel that we are just plain losers with nothing to accomplish. We might not be the greatest, but we are still needed, for our unique mission to be fulfilled.

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Re: Short insights with long lasting results
Posted by gyehelp2017 - 25 Aug 2019 04:27

#53

"Who is wise? He who learns from every man" (Avos 4,1). There is something we can learn from every human being. It's just that from some people we learn what yes to do, and from others we learn what not. But we can learn something from everyone - if we only want to.

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Re: Short insights with long lasting results
Posted by gyehelp2017 - 26 Aug 2019 16:48

#54

A man came to the Kedushas Tzion of Bovov, he had some serious struggles, and he told the rebbe that b"h lately he was doing a lot better. The rebbe asked him "And what will you do if you fall?" The person replied "Rebbe I told you I am doing fine". So the rebbe explained, "I understand you are doing fine now, but sometimes people with such struggles like you might fall c"v, and they might think they are failures and it's all over. But the truth is, that as long as they are on the right path even if they fell into a ditch, they don't have to stay there, they can climb out and continue on their way".

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Re: Short insights with long lasting results
Posted by gyehelp2017 - 02 Sep 2019 04:06

#55

What will happen to me is not always in my hands, but how i will react to what is happening definitely is in my hands.

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