

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

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Re: My Story - Reallygettingthere

Posted by needtoquit - 26 Jun 2013 16:22

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[reallygettingthere wrote:](#)

Wow! I had maftir today.

Wow is right! It should be a huge Zechus for you!

Also nice new profile picture.

Hatzlacha!

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 26 Jun 2013 21:08

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Amen and thank you!

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Re: My Story - Reallygettingthere

Posted by cordnoy - 26 Jun 2013 21:14

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Felt so bad I forgot to have kavanah in vhoser satan etc last night

I said I would

I remembered in baruch hashem lolam

Had kavanah then and in shma koleinu

Anyone for the idea of compiling vorts especially geared for us guys?

Thanks

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 26 Jun 2013 21:22

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there is a "Torah and Chizzuk" section [guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach](http://guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach) but it seems that most users pepper their threads with a vort here and there.

The problem with *vertlach* for me is that they feel good when I hear them but *b'shaas ma'aseh* they (usually) don't stop me from sinning.

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Re: My Story - Reallygettingthere

Posted by cordnoy - 26 Jun 2013 21:34

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I will check out that section bl"n

I hear you about bsha'as ma'aseh

Who wants vertlach then?

What I am saying is if we can gather 10 vorts uniquely suited for us by a shacharis or 5 for a maariv, that might create an impact for the rest of the day...perhaps?

Just a thought

Thanks

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Re: My Story - Reallygettingthere  
Posted by skeptical - 26 Jun 2013 21:35

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Are you signed up to the chizzuk email? You may want to try that!

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Re: My Story - Reallygettingthere  
Posted by reallygettingthere - 26 Jun 2013 21:46

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Vertlach are **perhaps** (for some people) **part** of a preemptive defense if they are fully committed to stopping.

...if not, they probably will do more harm than good. The person will be on an emotional roller coaster, high from hearing a "good geshmak vort" and then getting depressed for falling "even though I had just heard that great vort an hour ago... what am I? Some sicko? I can't believe I just did that..." blah blah blah (been there, done that)

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Re: My Story - Reallygettingthere

Posted by cordnoy - 26 Jun 2013 22:06

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Perhaps true

But some of them are just that...pick me ups after a fall...or telling us that God still wants to hear from us, and perhaps...especially us

I've always heard that you can't go wrong with torah, so I think it will usually be used as a positive

Just my 2 cents

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 26 Jun 2013 22:35

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I agree 100%, but with out a plan, one can easily fool themselves into thinking that are making progress when they are simply going through the same cycle time and time again.

To take it one step farther:

If someone is using Torah to cover their mistakes rather than to help fix them for the future (which is indicated by the repeating cycle) that could *chas v'shalom* be in the category of using Torah for personal benefits (*ishtamesh b'taga*)

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Re: My Story - Reallygettingthere

Posted by cordnoy - 27 Jun 2013 02:03

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chas v'shalom!

not to use torah to cover mistakes, but rather to help prevent them in the first place

the vertlach together with the emails

tysm

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 27 Jun 2013 02:33

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I am not accusing anyone of doing it intentionally :-)

We addicts are the worlds greatest liars. Unfortunately we are so good that when we lie to ourselves we don't realize.

This is a great example where pishpush and mishmush of the mesilas yesharim will produce significantly different results.

(R' Moshe Chaim Luzzato in Path of the Just tells us to examine our individual actions as well as examine the path that our life taking in general)

The individual act of learning or being nischazek is great but when you take a look at the big picture, you sometime realize that it actually is harming you, not helping

You are correct though. Torah is an integral part of prevention.

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 27 Jun 2013 23:48

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Just to clarify:

Addicts (or anyone for that matter) can make the mistake of thinking that because thhe felt inspired by a good *vort*, that feeling of inspiration indicates growth.

It does not.

It indicates inspiration. Growth comes from hard work only, not from passive absorption of information.

The danger here is that they will neglect real growth opportunities because they feel like they have done something.

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 27 Jun 2013 23:48

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Who knows what tomorrow is?

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Re: My Story - Reallygettingthere

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Posted by ZemirosShabbos - 28 Jun 2013 00:01

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Leichter Day?

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