

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

Tcholent for the Soul

(Nuu! Eat it while its hot!)

By:

Inastruggle

Chachaman

Some_guy

Zvi

Hopefull

joeshmo

Avrom

Credits:

Our dear father in heaven

and GYE - thank you so much!!

(This group started [here](#))

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 12 Jun 2013 03:44

Sorry to hijack the forum.

Just one more thought--my mother always gets super mad when I leave a dish in the sink, or forget to shut a window, etc. A reaction completely disproportionate to the situation.

I realize I will have to stop letting her perfectionism--perhaps discontent with herself, because I happen to know that others criticize her a lot sometimes (like my jerk of a stepfather for example), and perhaps she passes that perfectionism along to me.

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Re: Tcholent for the Soul (the Group)
Posted by skeptical - 12 Jun 2013 10:11

Chachaman

It is very interesting--I think I have a cycle where if I spend an hour or two on the internet I get very depressed because I feel like I should be doing something productive, even though what I was doing was GYE and b'etzem it was productive. I have been working for my mom the past few days, so I've been busy. I got on GYE from 2:00-4:30 (i.e. now, I'm about to log off), and I feel like I've wasted a huge amount of time even though it's nothing abnormal

Depression is something we need to be extremely careful about. It's a great mitzvah to be happy, to serve Hashem with joy. It's impossible to serve Hashem unhappily, it just doesn't work and the yetzer horah (the selfish part of us that wants to ignore anything other than our own self) knows it. So the doubts creep into our minds how we're so terrible and can't do anything right. The self pity and depression sinks in and we want to make it feel all better. And then the solutions to make our pain turn into pleasure begin to mushroom.

This yetzer harah is sometimes very sly (remember, it is the selfish part of us - all that matters is to make ourselves feel good). "Psst, you over there! It's great that you're spending much less time on bad websites, but don't you think you're spending too much time on GYE? Also, who are you to try to help others? Do you think you're so great and smart? I smell a ga'avah problem! Listen to me, cut your time there or better yet, cut out the internet completely - then you'll *really* have the potential to be great!"

As has been pointed out many times on this site, seclusion and keeping this issue to yourself breeds more issues. It's important to have some kind of continued support. So it's important to be aware of where the thoughts are coming from. I'm not saying not to cut back on internet use, it's a great idea, but unless you have some real life support that's not connected to the internet, you should be wary.

Chachaman

I still have trouble with two things:

- fantasizing about different people
- controlling my thoughts sometimes.

Don't try to control of your thoughts - just be very aware of them and where they're coming from. If you notice that they're not coming from a good place, let go of them quickly like a hot potato and replace them with some other kind of positive thoughts.

Hatzlacha!

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Re: Tcholent for the Soul (the Group)
Posted by zvi - 12 Jun 2013 18:48

I'm not quite sure how it happened... I was doing something minor which was taking a while, and I just got frustrated and I m*** to relieve the frustration... sorry everyone.

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Re: Tcholent for the Soul (the Group)
Posted by gibbor120 - 12 Jun 2013 21:53

[Chachaman wrote:](#)

Gibbor120--mazel tov on 4 years clean, and thank you so much for giving me that bit of inspiration!!!!!!!!!!!!!!

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 13 Jun 2013 01:02

Sorry to hear that Zvi, but at the same time, in your post you seemed a little mad at yourself. Don't be mad! you'll do better next time, and the tremendous progress you've made hasn't been lost, even though it kind of does feel that way.

I got in a huge argument with my mom because I refused to eat something she heated up in a nonkosher microwave--wrapping it in a paper towel and putting a plate above and below it while still leaving a gap is not "double wrapped", and getting mad when I wouldn't eat it after I told her five times not to heat it up...aaaaaargh.

I'm glad something that I wrote helped you

I think that's another thing about me--whether she meant to or not, my mother betrays my trust. I tell her one thing about my relationship with my dad, and she proceeds to use that to insult me or to say "well, just go live with your dad".

right now, I honestly hate my mother, I love her deep down, but it is very difficult for me to confide in anyone after having been emotionally hurt by my mother who is the only person I am kind of close with.

WHAT MOTHER INSULTS HER KIDS PERSONALITY AND TELLS HIM I DONT LIKE YOU, YOU ARE UNLIKEABLE BECAUSE OF X Y AND Z, ETC.

I cant wait until I go to college when I wont have to deal with my parents.

I'm not very close to my Dad, partially because he wasn't always very accepting of my religion and also because of the remarriage which has just made me dread the time I spend at his house, but:

He is a legitimately nice guy who wants the very best for me, and he's had some issues of his own growing up. I really dislike my mom right now. My dad is a nice guy though, and he loves me. My mom really loves me too, but it's more of a selfish love, if you get what I mean.

btw, thanks skeptical, that was very helpful!

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Re: Tcholent for the Soul (the Group)
Posted by zvi - 13 Jun 2013 01:04

Thanks CCman. I really don't know what to say about your situation... the fact that you are able to cope with it really shows what an amazing person you are!

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 14 Jun 2013 04:17

First of all, I never welcomed Zvi and Some_guy to the group, so welcome guys.

To chacha, not to take away from the legitimate pain that you're feeling, but just try to keep in mind that when people speak out of anger then they sometimes (read: usually) say things that they don't mean, and even if the things are true, which they usually aren't, and definitely not to that degree, then they still usually don't feel that way when they're "sober" (and i do believe that the usage of that word is correct here).

Also like you rightly said, when we get older then issues with our parents start affecting us less and less.

As for the advice you asked for, I am inspired to write a magnum opus with my complete mehalech.

as soon as i finish with the 40 perakim of tehillim :p

(just kidding guys, maybe if you all try hard then you'll reach the amount of times that i fell)

Also, I am going to be leaving for the summer soon. I'm not going to have internet access for a while, and possibly not even the whole summer so for that time period I'd like to take myself out of the group as far as knassim are concerned.

A fall is one step closer to being clean for life.

A fall is just the beginning of a new streak.

A fall is just another opportunity to get up again.

Hatzlacha chevra, and KUTGW, I mean it.

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 14 Jun 2013 08:04

I was in a bad mood when I wrote that last bit. I know she means well, and I guess it is unreasonable to expect parents to be perfect.'

its just the way she said it: "Youre an extremist, Go be with Rabbi ____ (the Rav at a yeshivish minyan I like to daven at--there was one incident where she was saying kaddish for her father and came to hear me lein, but they wouldn't let her say it because no men were saying kaddish. I'm not sure if there's a halachik obligation, but at the same time, if you go to someones house and they ask you to take off your shoes, you still do it even if your socks have holes).

I don't know what it is, but I don't think either of my parents approve of the path I am taking.

by the way: is it true that you can kosher a normal microwave in which mamash peoperoni Pizza, bacon, etc. has been heated up by just putting in a cup of water on high for two minutes?? If so, why is there an inyan of double wrapping?

I love my mom, but at the same time, it is very difficult to be ma'avir al midosecha when one feels, rightly or not, that one is being demeaned based on his/her religious beliefs by none other than one's own parent.

Baruch hashem, though, I still have two parents that love me, which is a huge thing that I am grateful for. its just that I don't want to spend the time growing close to people who might hurt me.

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Re: Tcholent for the Soul (the Group)
Posted by skeptical - 14 Jun 2013 09:32

Chachaman

I love my mom, but at the same time, it is very difficult to be ma'avir al midosecha when one feels, rightly or not, that one is being demeaned based on his/her religious beliefs by none other than one's own parent.

I want to try an experiment, if you don't mind. I'm going to take the sentence that you wrote above and just change some of the words here and there. Here goes:

"I love my son, but at the same time, it is very difficult to be civil when one feels, rightly or not, that one is being demeaned based on his/her religious beliefs by none other than one's own son."

Is it possible that this is how your parents are feeling? They brought you up, took care of you, fed you, clothed you, and now suddenly you've found your own way and nothing they do is good enough for you. All of their religious beliefs until now are being demeaned by you!

Does that make sense?

Let's try to keep something in mind to help us deal with the other people we need to be around:

The only person we are able to control is our self. We can't control others and the way they behave.

What we can try to do is try to put ourself in their shoes, try to look at things through their glasses and try to be sensitive to their needs. The face we show to others is many times reflected back to us. Be courteous and kind and they'll see that their son is a better person for finding his own way.

Hatzlacha!

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 14 Jun 2013 10:20

magnum opus is up.

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/204389-The-chronicles-of-inastruggle?limit=15&start=90#209260

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Re: Tcholent for the Soul (the Group)
Posted by Avrom - 16 Jun 2013 10:31

Hi guys, unfortunately (read: due to my choice) I haven't managed to get up from that last fall yet. I'm keep on hearing a voice in my head "what is one more day? You can always start tomorrow" I just read skepticals post, I broke out in tears and I got chizzuk. But he's moiri verebi skeptical... And I'm no match to his greatness!

Watching how every one around me, here on GYE, is making huge progress is killing me. I am

Wow, to let that out felt good.. Enough self pity!!! I WILL NOT FALL TONIGHT!!! Please hashem please help me, just for today. As a skeptical yid once made me say: you can't change the past - you just can do the most of this very moment! And this very moment belittling myself isn't very productive, so lets take out the scotch and celebrate for this fresh spirit that I was just infused with!!

lechayim!

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Re: Tcholent for the Soul (the Group)
Posted by skeptical - 16 Jun 2013 10:39

Be very careful with the alcohol, not always the best solution!

There's no greatness here that anyone else on this site doesn't have as well.

You can get back up and continue. You just need to make that decision.

Stop the self-pitying, it does nothing but bring you down. Smile, count your blessings, be appreciative of your accomplishments and get back on track.

We have faith in you!

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Re: Tcholent for the Soul (the Group)

Posted by inastruggle - 16 Jun 2013 11:31

Avrom, you're a tzaddik, and tzaddikim get up right after they fall.

Of course they fall or they wouldn't be taddikim, they would be malachim.

Sheva yipol tzadikk v'kom.

Im lo achshov aimasei?

Also everyone on gye is making progress.And especially you.

Just get up and leave the fall and the yetzer harah behind in the dust.

When i get home from the summer then i'm expecting good news and i'm sure you'll come through.

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Re: Tcholent for the Soul (the Group)
Posted by skeptical - 16 Jun 2013 16:24

In Hebrew, there's no word for goodbye. It's L'hitraot, meaning, See you! Because Yidden never say goodbye. We're confident that we'll always meet again, somewhere sometime.

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(i'm leaving in about a day, so everybody stop asking. I'm gonna say goodbye of course.