

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 May 2017 19:26

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Agreed the who is not important  
encouraging and thoughtful that i know i can do this for good !

But I feel it is helpful to me if I know what it is that I did/said somethin' right

The truth is the same for the opposite...

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Re: I will make it b"h

Posted by Gevura Shebyesod - 07 May 2017 19:37

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That's what thank yous on posts are for.

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 May 2017 20:10

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so what is karma for?

Is it really only a game?

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Posted by Shlomo24 - 07 May 2017 20:42

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Posted by Hashem Help Me - 08 May 2017 00:33

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Posted by MayanHamisgaber - 09 May 2017 21:22

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Posted by MayanHamisgaber - 10 May 2017 18:55

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[Mesayin wrote on 20 Oct 2015 18:53:](#)

This is a famous poem and I happen to use it for my desktop background.

Today was the absolute worst day ever

And don't try to convince me that

There's something good in every day

Because, when you take a closer look,

The world is a pretty evil place.

Even if

Some goodness does shine through once in a while

Satisfaction and happiness don't last.

And it's not true that

It's all in the mind and heart

Because

True happiness can be attained

Only if one's surroundings are good

It's not true that good exists

I'm sure that you can agree that

The reality

Creates

My attitude

It's all beyond my control

And you'll never in a million years hear me say

Today was a very good day

Now read it from bottom to top, the other way,

And see what I really feel about my day.

You can find the story behind the poem on [aish.com](http://aish.com).

And thanks to 9494 for reminding me about the poem.

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Re: I will make it b"h

Posted by MayanHamisgaber - 10 May 2017 19:14

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This one is good to keep in mind

[Mesayin wrote on 03 Feb 2016 23:35:](#)

Depression lust Depression lust Depression lust, it is a vicious cycle.

In my expeirences, I think I have used part of the 12 step program without even knowing it.

Meaning, the way I try to get out of depression is to know two things:

1. Happiness is in the mind, not the things that happen to me or things I obtain, the AR"l hakadosh says that ????? is the same letters as ????? and the bal shem tov says the word ??? is ?? ??, so despite what today's american culture which says that what you have is makes you happy (that is a shmooz for itself) the truth is, is that it is all perception, how we look at things that determines happiness and that nothing and no one in the world can give me or take away from my happiness.

2. I may have very good excuses to be depressed; abusive and dysfunctional home, struggling with parnassah, going through the tough shiduchim parsha, etc.. Those are certified justifications to be depressed, but I'm not looking to be right, I'm not looking for excuses, what I'm looking for is true happiness and that cannot be obtained if keep on making justifications, even if they are good justifications.

Just like the guy that is crossing the street when it's green and there is a car zooming down the block but the guy keeps walking and saying "I'm right, the light is green", that guy ended up dead right.

I hope I was clear.

Chazak V'emutz

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Re: I will make it b"h

Posted by Mesayin - 10 May 2017 20:57

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Was that really me?!

Thank you **so so** much, I can't believe I once posted those.

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Re: I will make it b"h

Posted by MayanHamisgaber - 11 May 2017 10:49

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You better believe that was you

I look forward to see more of these

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Re: I will make it b"h

Posted by MayanHamisgaber - 14 May 2017 18:06

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Do to the reemergence of yet another brother I now have 2-3 new old threads to go thru

Anyone dare to guess which one!?!?!?!?!?

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Re: I will make it b"h

Posted by cordnoy - 15 May 2017 06:24

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[MayanHamisgaber wrote on 14 May 2017 18:06:](#)

Do to the reemergence of yet another brother I now have 2-3 new old threads to go thru

Anyone dare to guess which one!?!?!?!?!?

Shteeeeeeeeeebbbbsssss!!!

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Re: I will make it b"h

Posted by Singularity - 15 May 2017 10:09

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Thanks for the collations! Good reading material

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Re: I will make it b"h

Posted by MayanHamisgaber - 15 May 2017 17:32

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Reading thru [another one](#) but do not wanna post'em here a s they are from the ba'al habatim's threads

Enjoy there is ALOT THERE

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