

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

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In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can ( and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

**Warning: Spoiler!**

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

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Re: The Road To Being Honest With Myself (and others:)  
Posted by i-man - 28 Dec 2020 15:37

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[wilnevergiveup wrote on 28 Dec 2020 14:39:](#)

What's with all the old guys suddenly appearing? Is there some kind of reunion?

I feel like "old guys" is a misnomer, this site is only around 12 years old

But it's wonderful having the "old guys " around ,

both the experience and the entertainment aspects.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Grant400 - 28 Dec 2020 15:57

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[wilnevergiveup wrote on 28 Dec 2020 14:39:](#)

What's with all the old guys suddenly appearing? Is there some kind of reunion?

"Old" is a an adjective used on GYE with the utmost respect. As in aged fine wine. We don't mind a few wrinkles or a stray grey hair or two...after all looks doesn't matter. Hakol Hevel!

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Re: The Road To Being Honest With Myself (and others:)  
Posted by cordnoy - 28 Dec 2020 18:57

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[Grant400 wrote on 28 Dec 2020 15:57:](#)

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Gee thanks!

Howbout a face full of wrinkles?

Howbout hundreds of grey hairs, or better yet, no hair at all?

Then what?

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 28 Dec 2020 22:15

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[cordnoy wrote on 28 Dec 2020 18:57:](#)

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[wilnevergiveup wrote on 28 Dec 2020 14:39:](#)

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Gee thanks!

Howbout a face full of wrinkles?

Howbout hundreds of grey hairs, or better yet, no hair at all?

Then what?

A few gray hairs is old, but hundreds of grey hairs makes you a sage

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 05 Feb 2021 18:40

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So someone today (not here) told me I'm passive aggressive. I've always heard the term, but never looked into it.

Now while I'm not usually aggressive, but the little I researched definitely applied to me, when I'm aggressive, I'm passive aggressive.

It's really bothering me (not sure why) anyone else with this nature, is it bad good or in the middle? Just looking for some ideas.

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Re: The Road To Being Honest With Myself (and others:)

Posted by #makelifegreatagain - 05 Feb 2021 19:35

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I'm not an expert on aggressive or passive-aggressive, but I think like all personality traits it depends on how you use them.

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Re: The Road To Being Honest With Myself (and others:)

Posted by EvedHashem1836 - 05 Feb 2021 20:09

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I'm definitely not an expert but i would guess that many people tend to be passive aggressive to let out their aggression when it gets let out, as the alternative would be physical aggression and don't think so many people do that nowadays. So I think the goal is to as much as possible strive to not be bothered by what other people say/do and to just accept as much as you can. But in the situations that you can't control yourself and become "aggressive" I don't think passive aggressive is such a problem as opposed to normal aggression.

Hopefully this helped - not sure if this answered your question

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E.H.

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Re: The Road To Being Honest With Myself (and others:)

Posted by mendy trying - 07 Feb 2021 18:39

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Passive aggressive is a bad habit and it can be worse then just aggressive, when your aggressive you at least acknowledge that you are angry, and then you act in an aggressive behavior, but when you are passive aggressive you will not acknowledge that you are angry, but will act out with little things because you're angry.

A typical example of passive aggressive would be, not taking out the garbage when your angry at your wife, or not being talkative to your workmate while you are angry on something he did, the ideal way would be when someone hearts you, to acknowledge that you are angry, and approach the person you are angry with and talk about it, or at least be open with yourself and acknowledge your anger.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by wilnevergiveup - 07 Feb 2021 19:32

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Passive aggressive means to be aggressive by withholding something instead of being aggressive with actions (physical, verbal, etc.). Some people are passive aggressive when they feel vulnerable as a means of protecting themselves. Someone who is being taken advantage of can withhold a service that he provides in order to get what he needs.

It may be something to work on but it's not as black and white as some others are making it seem. There may be many things at play and that's if you are actually passive aggressive in the first place.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 11 Feb 2021 06:11

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Thank you all for the response, it was very insightful.

So I came to the conclusion that I am generally not aggressive, I generally have a live or let live attitude. But when someone really gets under my skin, I do go to passsive aggressive and I tell myself I'm a good guy because I'm not being "aggressive"

Now I realized like all parts of life, communication is key. If I really have something against somene and I can't work theough it myself, I should talk to them about it, even though it makes

me uncomfortable.

Thanks to y'all!

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Re: The Road To Being Honest With Myself (and others:)

Posted by EvedHashem1836 - 11 Feb 2021 23:45

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It makes me very uncomfortable to speak to people about issues I have with what they are doing bc im a very non confrontational person but when I do speak to ppl about issues its soooooooo worth it

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 12 Feb 2021 03:32

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So I've been thinking of starting a thread specific to Chabad Chassidus. How my unhealthy mind could not truly break free with Chassidus. Why? Because I understood it I'm a very kroom (crooked) way. And now I understand it in a much better light.

I also see some guys posting quotes from Tanya occasionally here, or people saying just learn Chassidus and you will be ok. Which I think, if your mind is unhealthy, it won't work.

Kind like in general many people used Torah/mussar over the years to break free, and obviously it didn't work for them, so they ended up on the, and once you get into recovery, you start to think, well why didn't it work? After all Torah has all the answers? Of course the reason being we had u healthy minds and totally subverted the Torah.

As a Chabadnick I have done the same with Chassidus and I want to both clarify my thoughts and hear from others.

Either way, if you agree or not, my dilemma is should this forum be under break free, under what helps me under beis medrash or the torah chizuk section? Has to many menu options and I can decide.

If you have a good idea let me know.

I would like it to be a place of discussion (if anyones interested) and sadly it looks like the Torah

So what say you?

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Re: The Road To Being Honest With Myself (and others:)  
Posted by EvedHashem1836 - 12 Feb 2021 04:13

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I'd definitely be interested in a thread like that

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Re: The Road To Being Honest With Myself (and others:)  
Posted by wilnevergiveup - 12 Feb 2021 05:31

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I think that if this approach is "what worked for you" then it goes there but if it's just chizzuk, or a discussion, then it belongs in the beis medrash or "Torah and chizzuk" section.

Yes, I second that the B"M section is very quiet. I used to post in a thread I started there but that fizzled out, hopefully I will start again one day.

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