

Square one

Posted by Looking\_to\_improve - 28 Feb 2021 22:41

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Thread 3

Day 0

Restarting from square one

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Re: Square one

Posted by wilnevergiveup - 16 Aug 2021 20:41

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[Looking\\_to\\_improve wrote on 16 Aug 2021 15:56:](#)

Thank you for the chizuk Excellence and Yeshivaguy

What I don't really get is what does Hashem see when he's looking at me? If where I'm holding isn't defined by how often I'm acting out, then what does define me?

My Rebbe explained to me that if you value the goal (here; staying clean) and do everything in your power to achieve that goal, then you are doing everything that Hashem expects from you right now. Then you are on the right path and you should be confident going into Yamim Noraim.

If there is something more that you feel you should be doing, now is the perfect time to look into those options.

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Re: Square one

Posted by OivedElokim - 16 Aug 2021 22:14

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[quote="excellence" post=371658 date=1629141298 catid=4] "???? ?????????? ?????? ??? ???  
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Five stars for this post!

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Re: Square one

Posted by OivedElokim - 16 Aug 2021 22:15

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[quote="excellence" post=371658 date=1629141298 catid=4] "????? ?????????? ?????? ??? ???  
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Five stars for this post!

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Re: Square one

Posted by Looking\_to\_improve - 16 Aug 2021 22:21

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Thanks for all the responses, I'll try respond tomorrow when it's not so late bn

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Re: Square one

Posted by Yaakov5782 - 17 Aug 2021 00:10

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I think a page out of Chassidus is very helpful here. Even if you “fall” as you put it, do not waste anytime beating yourself down. Recognize it and move on. Spend the day thinking positive thoughts.

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Re: Square one

Posted by YeshivaGuy - 18 Aug 2021 19:06

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[Looking\\_to\\_improve wrote on 16 Aug 2021 22:21:](#)

Thanks for all the responses, I'll try respond tomorrow when it's not so late bn

U good?

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Re: Square one

Posted by Looking\_to\_improve - 18 Aug 2021 20:44

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[YeshivaGuy wrote on 18 Aug 2021 19:06:](#)

[Looking\\_to\\_improve wrote on 16 Aug 2021 22:21:](#)

Thanks for all the responses, I'll try respond tomorrow when it's not so late bn

U good?

Yeah, just a response won't be so quick to write up...

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Re: Square one

Posted by Looking\_to\_improve - 18 Aug 2021 21:34

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I'm gonna try respond to wngu and yeshiva guys posts now, I'll see if I can reply to both now, but not sure I'll have enough time

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Re: Square one

Posted by Looking\_to\_improve - 18 Aug 2021 21:46

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[wilnevergiveup wrote on 16 Aug 2021 20:41:](#)

[Looking\\_to\\_improve wrote on 16 Aug 2021 15:56:](#)

Thank you for the chizuk Excellence and Yeshivaguy

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If there is something more that you feel you should be doing, now is the perfect time to look into those options.

I think I understand the point you are making quite well. When I look at the outcome of what I'm doing (Ie: acting out), then I question and doubt whether "*I'm do(ing) everything in your power to achieve that goal*".

Maybe it could be that even I did everything that I could, it might still result in me acting out, and Hashem would be happy with what I've done, but I struggle to identify with that. Ultimately I believe that a result of doing everything I can, will be staying clean, and anything less than staying clean, therefore means I'm not doing everything I can.

The hard part is finding out how to put it more effort effectively, and not cause more panic, or more stress by going overboard, which I think can often happen in this area. I think taking a more calm, relaxed approach (although not a lax approach- if that makes sense) is going to work for me.

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Re: Square one

Posted by Looking\_to\_improve - 18 Aug 2021 22:57

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@Yeshivaguy thank you for your response, I appreciate the time it takes to write a long post, so thank you for taking time out your day for it.

I'll try intersperse your post with my comments, hopefully it won't mess up the formatting too much...

[In the end i realised that I misunderstood your point, and didn't differ as much as I thought at first, I deleted my original response]

I think what I meant to say was that I identify myself and success in the area of shmiras einam and bris, by my streak. (And in the other areas of my avodas Hashem by my success in those areas, and together the total combination is how I define myself. Not that my streaks define everything about me)

" I want to try have something to show for it this RH and YK" - when I said this, I meant specifically in this area I want to have something to show for it, not that the other areas of my avodas Hashem don't count for anything. I think my follow up post was also in a similar vein, but I didn't make that so clear. In the same way that I have something to show for working on other areas of my avodas Hashem on RH and YK, I would like to be able to do the same in this area.

From a friend who struggles to sign off long messages with a good greeting

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Re: Square one

Posted by wilnevergiveup - 19 Aug 2021 06:24

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[Looking to improve wrote on 18 Aug 2021 21:46:](#)

[wilnevergiveup wrote on 16 Aug 2021 20:41:](#)

[Looking to improve wrote on 16 Aug 2021 15:56:](#)

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The hard part is finding out how to put it more effort effectively, and not cause more panic, or more stress by going overboard, which I think can often happen in this area. I think taking a more calm, relaxed approach (although not a lax approach- if that makes sense) is going to work for me.

I think you are right, it's very hard to figure these things out by yourself....

That's why you shouldn't.

I feel you 100%, I can never know if what I am doing is enough or too much or whatever and I am never sure of myself. I went through most of my life so far second guessing myself and feeling guilty for either not doing enough or doing too much and burning out.

I learned to ask for help, that was the only way. I can ask a Rebbi what he thinks, I can ask a Rav what he thinks, I can ask a close friend if he thinks what I am doing is okay. I even started talking things over with my father and some of my siblings, turns out, they are the people who I can talk to about even the most private things. They care the most (You do have to beware of people who will use you for their own ego, but if that happens, just don't open up to them again). My therapist is also great.

It wasn't easy, and the people who worked for me may not work for you, but if you could find someone who can tell you if you are doing enough, it will be much easier.

Do you have a therapist? Do you speak to anyone about private things (other than GYE stuff)? If you are uncomfortable you can call someone like HHM, or even the GYE helpline (does it work?). I know that @MenachemGYE is also amazing although I am not sure how to get through to him (he is the helpline?).

Eventually, you can actually start figuring this out on your own too.

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Re: Square one

Posted by OivedElokim - 03 Sep 2021 03:32

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How are you doing man?

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Re: Square one

Posted by YeshivaGuy - 12 Sep 2021 17:57

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So? Hows it goin?



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Re: Square one

Posted by Looking\_to\_improve - 12 Sep 2021 22:47

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Ok. I've been acting out kinda regularly recently. I threw away an old phone which wasn't filtered...

Last night I had some taiva halfway through selichos, and it was very strong when I got back home. Managed to not to act out then, but eventually after I showered and went to bed, I got back out and went to act out.

I still read most of the posts on the forum, just I haven't been posting myself.

Not really sure how I'm supposed to do genuine teshuva for this, but it doesn't really seem like the right thing to me to delay doing teshuva, so I'm feeling a bit stuck.

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