

Pain over pleasure!

Posted by Bisyata\_dishmaya - 13 Jul 2022 18:06

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Life has been so pleasurable the last 30 days BH! Interestingly, pain leads to pleasure and pain leads to more pain. Baruch Hashem this is the first time in about 3 years that I've gone clean for 30 days BA"H. In the beginning, it was quite painful and I used as many tactics as I had to guard myself. Towards the 15-day mark, I had already shifted my gears towards productivity. BH, this month has been quite productive.

My small (large goal) is to be clean for 90 days be"H and my ultimate goal to be the ultimate eved hashem and be free eternally. I wish to be enslaved by Hashem and not to my desires.

P.s-this is my first post on the GYE forum.

P.p.s- I hope to update by the 50 day mark as well be"H.

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Re: Pain over pleasure!

Posted by bisyata dishmaya - 13 Jul 2022 18:10

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Hello Welcome! Don't forget to celebrate the 30 days. May you have much hatzlocha!

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Re: Pain over pleasure!

Posted by connected - 13 Jul 2022 20:57

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Mazal Tov on your 30 days!

Rav Noach Weinberg ZT"L used to say, "Humans are programmed to seek pleasure; they think

the opposite of pain is pleasure, so they avoid pain at all costs. But the truth is that pain is the price we pay to get pleasure. The opposite of pain is comfort. By avoiding pain, we become decadent."

Hatzlacha and *Stay Connected*

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