

CONFUSION! Pure and utter confusion!
Posted by NeuroYair - 06 Jan 2012 18:14

I'm confused and very down. I tried waiting for 24 hours to pass to see if I could bounce up, but I'm yearning for more. I can't believe that after all this chizuk and helping others, and finally opening up I committed spiritual suicide. It hurts me so much. What am I going to say now if someone asks me, "so, is GYE helping?".

I'm thinking maybe I should put the forum aside for now and try to work on myself because I'm always concerned about others. Chayecha kodmin. I know words like these have been posted before, so do you all agree? Please help ASAP! I'm so angry at myself! But, I'll stop here because why should I bring your spirits down with me.....

Vayechi- and NeuroYair lived and I know I will keep fighting, but arghhhhhh! I just want to shoot myself sometimes. How can someone be so prepared and still give in!? All the gedarim, all the shmiras eiynayim, and yet still!? I'm sorry, I'll stop rambling now. Thank you for listening.

Kol Tuv everybody and have a peaceful, uplifting Shabbos.

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Re: CONFUSION! Pure and utter confusion!
Posted by gibbor120 - 13 Jan 2012 14:51

I can identify with much of what you wrote. It sounds like you are very critical and demanding of others and of yourself (at least in your mind). Sounds just like a perfectionist. Learn to accept yourself with all your flaws and you will come to accept others as well. It's a much happier way to live.

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Re: CONFUSION! Pure and utter confusion!
Posted by NeuroYair - 15 Jan 2012 03:01

I was just listening and he said something very

important: "When was the last time you actually did something PERFECTLY? Maybe once in the last six months?" That really struck a chord and I'm still digesting that and applying it to my ever-working mind.....

Yasher Koach for the "referral"!

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Re: CONFUSION! Pure and utter confusion!

Posted by NeiroYair - 15 Jan 2012 03:28

Also, it's not like I say these things too often, but they bottle up inside of me and make me nuts. On the outside though, I'm all smiles and sympathetic to anyone who needs an ear. So, the critical aspect is only inside of me. But on the other hand, I've trained myself to be non-judgmental and to love **everybody**, but I guess it hasn't spilled over to loving what everybody **does**.....

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Re: CONFUSION! Pure and utter confusion!

Posted by gibbor120 - 16 Jan 2012 14:30

Yes, because a perfect person doesn't criticize. So you try and play the part as 'perfectly' as possible. You want to be viewed as sympathetic and not critical even though your head is filled with critical thoughts. I know this because that is me. And if you are like me, then that is you.

I am trying to learn to accept myself and others so I don't have that critical voice going off in my brain. I don't need to focus on everyone else's minute flaws. Most of them are probably not even their fault. ACCEPTANCE is the key. Hashem is in charge and made me a certain way and made others with their flaws. by acceptance, I don't mean to accept the way it is and give up. I mean to make peace with the way things are (after all Hashem designed it that way - right) and then work from there.

As Dr Sorotzkin puts it. Striving for excellence rather than running from failure. Are we trying to escape that critical voice by being perfect, or are we happy with who we are, but want to be better.

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Re: CONFUSION! Pure and utter confusion!
Posted by tehillimzugger - 16 Jan 2012 14:56

hi Neiro

check this out

www.guardyoureyes.org/forum/index.php?topic=4370.msg122370#msg122370

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Re: CONFUSION! Pure and utter confusion!
Posted by NeiroYair - 17 Jan 2012 00:44

But **gibbor**, let me ask you- And this is after listening to Dr. Sorotzkin and his very accurate portrayal of me- What is the difference between an unhealthy perfectionist attitude and striving to serve Hashem *b'lev shalem* by bringing perfection to His world? I'm still not sure I can differentiate.

And **Tehillim**, at one point I started skimming what you wrote, but never got back to going through it, so thanks for the link. But to you, I ask: If we are all just a bunch of categories, then what bechira do we really have?! I mean everything I've struggled with growing up to understand how people work and think will all be for naught, if we are all just a bunch of different categories thrown together, and asked to make Shalom among ourselves. Then we really don't have ANY power over anything, no? I am ABCD with properties EFGH and I will
;D I know
what you're thinking: P Quiet, will ya?!....

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Re: CONFUSION! Pure and utter confusion!
Posted by gibbor120 - 17 Jan 2012 15:15

[NeiroYair wrote on 17 Jan 2012 00:44:](#)

But **gibbor**, let me ask you- And this is after listening to Dr. Sorotzkin and his very accurate portrayal of me- What is the difference between an unhealthy perfectionist attitude and striving to serve Hashem *b'lev shalem* by bringing perfection to His world? I'm still not sure I can differentiate.

As per the Dr. The difference is in the motivation. Is the motivation a **FEAR of failure**. I want to be perfect because I don't want anyone to have tainos against me, including the RBS"O. Or is it the **desire for SUCCESS**. The litmus test is how you feel when you are 90 or 95 percent successful - do you still feel like a failure? Or, do you appreciate the success that you did have.

In one of his lectures he quotes someone that says that you need to be happy to just be a simple Jew without any madreigos. Only then, can you truly acheive madreigos. So, if my striving for excellence stems from my disgust with who I am now, it's unhealthy. If it stems from me being happy with who I am now, but I want to be so much more, then it's healthy.

I too am still grappling with these concepts, but i feel that they have at least pointed me in the right direction.

I hope this helps.

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Re: CONFUSION! Pure and utter confusion!
Posted by tehillimzugger - 17 Jan 2012 19:00

[NeiroYair wrote on 17 Jan 2012 00:44:](#)

And **Tehillim**, at one point I started skimming what you wrote, but never got back to going through it, so thanks for the link. But to you, I ask: If we are all just a bunch of categories, then what bechira do we really have?! I mean everything I've struggled with growing up to understand how people work and think will all be for naught, if we are all just a bunch of different categories thrown together, and asked to make Shalom among ourselves. Then we really don't have ANY power over anything, no? I am ABCD with properties EFGH and I will ;D I know what you're thinking: P Quiet, will ya?!....

the **Tanya** [right in the beginning](#), explains [thanx gesher 4 signing me up to damesek where i get to hear rabbi benzion twerski's amazing shiurim] that every person is made of four yesodos- Eish Mayim Ruach Afar [or as matisyahu puts it -earth water wind fire- we stay low while gettin' higher] someone who has more *eish*, struggles more with ego and anger issues: someone who has more *mayim* struggles more with lust, someone who has more *ruach* struggles more with restraining from nonsense, someone who has more *afar* struggles more with laziness.

there is no question that every person in the world is different, has different attributes and a different phsycological makeup. and that you can classify each person as belonging to certain group. [am i the only one that reads the binah every week? ? ? ?]

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Re: CONFUSION! Pure and utter confusion!

Posted by gibbor120 - 17 Jan 2012 19:35

[TehillimZugger wrote on 17 Jan 2012 19:00:](#)

someone who has more *mayim* struggles more with lust

. Too much mayim .

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Re: CONFUSION! Pure and utter confusion!

Posted by tehillimzugger - 17 Jan 2012 19:52

earth water wind fire

we stay low while gettin' higher

spark of life

ingnite entire

fly alive

I guess that's why a lot of the GYE images have someone drowning
weep wall

chant

climb the darkness out

grab the last line

life shouldn't pass me by

rise

to the ocassion

keep these hearts all blazin'

i should really start a matisyahu quote thread

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Re: CONFUSION! Pure and utter confusion!

Posted by Gevura Shebyesod - 17 Jan 2012 20:06

"Azay Ovar Al Nafshainu Hamayim Hazeidonim"

"Ki Ba'u Mayim Ad Nofesh"

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Re: CONFUSION! Pure and utter confusion!

Posted by NeiroYair - 18 Jan 2012 01:59

Whoa! Confusion! I think *ein mayim ela Torah* rises above all of that, no? And also, all that talk about everyone having different struggles and makeups also leaves me feeling down, because then I feel that no one will truly ever understand what another person is going through. TehillimZugger, close your eyes for this... Except one's wife who is literally the other half of one's neshama.

One should really use his wife for the binah yiseira (Not the binah magazine, Tehillim- Cuz IWhile on the subject, I too skim the magazines pegged for ;D 8)- It's cool. It shows your feminine side.)

They really do know how to read you, assuming you don't hide anything from them. Unfortunately though, I think too many people are focused on the physical, materialistic aspects of one's wife and that's not fair to you and your growth or her as a person.

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Re: CONFUSION! Pure and utter confusion!
Posted by tehylimzugger - 18 Jan 2012 09:17

obviously you still didn't get around to reading my "four" posts so herre's a small likut- not realizing it- you are labelling yourself a four

They feel like outsiders, somehow flawed and different from others,

they felt that their parents did not see them as they actually were

From childhood, Fours felt essentially alone in life.

Fours felt that if they could discover who they are, they would not feel so different from others in the deep, essential way that they do.

Fours also begin to develop a sense of ego identity based on their difference from others. There were few qualities in their parents that they identified with, so Fours began to inventory all the things that they were not—all of the ways in which they were unlike the people around them. Eventually, this sense of difference becomes a strongly developed and defended part of their self-image and many Fours have difficulty seeing the many ways in which they are like everyone else. To be "ordinary" becomes a frightening prospect, since a sense of "being unique" feels like one of the only stable building blocks of their identity.

Their disconnect from their parents also produces a longing for the "good parent"—the person who will see them as they truly are and validate the self they are trying to construct. Fours usually experience this as a longing for an ideal mate or partner. They will often project this role onto new acquaintances, idealizing them and fantasizing about the wonderful life they will have together. Unfortunately, as Fours get to know the person better, they become disenchanted, realizing that the other is not the "good parent" who will rescue them from all their problems. He or she is just another human being with flaws and shortcomings. The other's "blemishes" soon become the focus of the Four's attention, and they lose interest in the person. Before long they are back to their search and fantasizing again, but generally with less hope of finding the person "of their dreams."

They want to complete themselves by associating or merging with the valued other.

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Re: CONFUSION! Pure and utter confusion!
Posted by NeiroYair - 19 Jan 2012 01:34

Gulp!

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