

Self Confidence and/or Self Esteem Booster?

Posted by SoHard,YetSoRewarding - 03 Sep 2009 14:18

Has anyone here experienced their self confidence rocketing with a lengthy streak of cleanliness?

Guard, do you know of such a correlation?

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Re: Self Confidence and/or Self Esteem Booster?

Posted by bardichev - 03 Sep 2009 14:27

YOU ARE LIKE THE BOY WHO TOOK OFF HIS TRAINING WHEELS AND NOW HE CAN
flyyyy

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Re: Self Confidence and/or Self Esteem Booster?

Posted by SoHard,YetSoRewarding - 03 Sep 2009 14:39

Just in case I do need one, bARDITCHEV, do you know of a good 'psycholog' in brooklyn
v'hagleeles?

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Re: Self Confidence and/or Self Esteem Booster?

Posted by Efshar Letaken - 03 Sep 2009 15:36

Who needs a Pischeeaalog when you got the Rebbe Reb Bardichev.

He can make Moifsim like you have never seen before.

Reb B. promised someone that didn't have kids for years with a child.

You wont believe it, but, 2 months later & they had Twins! lol

Di Gabbeh

E.L.

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Re: Self Confidence and/or Self Esteem Booster?
Posted by SoHard,YetSoRewarding - 07 Sep 2009 04:54

So, you all know nothing about it?

60 views and all I get is 2 measly replies?

(No offense please, bARD and E.L.)

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Re: Self Confidence and/or Self Esteem Booster?
Posted by helpless - 07 Sep 2009 06:10

From my experience there is a clear correlation between falling and losing self confidence/self esteem.

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Re: Self Confidence and/or Self Esteem Booster?
Posted by the.guard - 07 Sep 2009 12:36

Guard, do you know of such a correlation?

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Re: Self Confidence and/or Self Esteem Booster?

It seems pretty self-understood to me!
Posted by batmehor - 07 Sep 2009 13:25

It seems pretty self-understood to me!

Reb Shmilu, that's also why I didn't comment. All I can add is that taivoh takes us farther and farther away from Hashem. And stopping brings us closer and closer (if we want it to). So it's not just self esteem and self confidence, it's a whole different life. [But kol hascholos koshos and every time we need to reach a new level it's a new hascholoh]

Once I got in to this, I'll go a little deeper. The truth is that once someone gets in to the habit, it's not possible to stop al pi derech hateva. (Gemoroh A'Z 17a and Ohr Hachaim Vayikra 18,2) The only way, is to tap in to Siyata Dishmaya, by braking down the mechitzos that we built up between us and Hashem and turning to Him unconditionally. Once we do that we can do anything, because Hashem is Kol Yachol. (There's so much more to it but this is enough for now.)

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Re: Self Confidence and/or Self Esteem Booster?

Posted by SoHard,YetSoRewarding - 07 Sep 2009 16:10

[guardureyes wrote on 07 Sep 2009 12:36:](#)

Guard, do you know of such a correlation?

Okay, I guess I didn't efficiently explain myself.

It seems pretty self-understood to me!
Or course it makes sense that it should be related. My question was did you know of a specific case of a person that suffered from an extreme case of low self-confidence that saw salvation through improving in this area.

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Re: Self Confidence and/or Self Esteem Booster?
Posted by bardichev - 07 Sep 2009 16:25

YES ME

I WAS TOTALLY CONVINCED BY MYSELF THAT I WAS "SHVACH'AND I NEEDED THIS
JUNK TO BE NORMAL

MORMAL?? YOU ASK SNEAKING OUT OF THE HOUSE TO BUY MILK A 1 AM TO SEE
JUNK IN THE OFFICE

NORMAL SIT IN THE BAYS HAKISEI WITH 2 DEAD LEGS TO SEE JUNK ON A PALM TREO
THE JUNK WAS

MAYBE 4"X4"

BUT THAT IS THE STOOOOOOOOOOOOOPIDITY (I AM NOT STUPID I KNOW HOW STUPID IS SPELLED)

STAY CLEAN AND YOU WILL FEEL GOOD ABOUT YOURSELF

YOU WILL FEEL HUGE

YOU WILL SAY I AM A PERSON NOT A BUG THAT GETS EXCITED FROM THE SLIGHTEST STIMULI

BE A MAN SHMILU

HANG IN THER AND KEEP ON TRUCKING

NEVER MAKE A NEBECHIL OUT OF YOURSELF

IT IS ATZAS HAYETZER 101

b

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Re: Self Confidence and/or Self Esteem Booster?

Posted by battleworn - 07 Sep 2009 16:57

Reb Shmilu there are a lot of guys like that here. Like me for ex. But there's a pitfall over here. Because if your self image depends on how well you're doing right now, that's to dangerous. Check out this page: rehab-my-site.com/guardureyes/forum/index.php?topic=763.75

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Re: Self Confidence and/or Self Esteem Booster?
Posted by SoHard,YetSoRewarding - 07 Sep 2009 17:26

Thanks, Battleworn.

I had actually read your post on the other thread before you linked to it here.

Pretty powerful stuff.

Thanks again.

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