self esteem
Posted by Holy Yid - 01 Oct 2009 00:51

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I am with the help, or more accurately The Hand, of G-d clean for over fifty days. I feel a sense of some control and I don't dread the internet like I used to. Starting a few weeks ago I had a HUGE boost in self esteem and self confidence. I do not know with certainty that my improved spirit is a result of feeling some sense of control but I think that the two are very likely related. I would like to hear some other thoughts on the matter.

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Re: self esteem
Posted by bardichev - 01 Oct 2009 00:57

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gevaldigggggggggggggggggggggggggggggggggggggg

now get out of tha arizals mikvah get dressed and join the party

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Re: self esteem
Posted by cleareyes613@gmail.com - 01 Oct 2009 01:13

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100%.related.

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Re: self esteem
Posted by nishmas - 01 Oct 2009 14:05

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Holy Yid,

50 days, WOW! That's a pretty major milestone! You should go M'Chayil el Chuyil.

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Yes, the self esteem issue is definitely related. For sure.

Nishmas

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Re: self esteem
Posted by Kedusha - 01 Oct 2009 16:22
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[bardichev wrote on 01 Oct 2009 00:57](#)**:**

now get out of tha arizals mikvah get dressed and join the party

:D :D :D ;D ;D ;D

LOL!

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Re: self esteem
Posted by Holy Yid - 01 Oct 2009 20:03
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Thanks for the chizuk. I don't think I did it my self. Till I got here I had no control. I try to remember that so I don't get carried away. I almost don't feel I get credit. I stand in awe of the who crew here.

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Re: self esteem
Posted by cleareyes613@gmail.com - 01 Oct 2009 20:19

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And we stand in awe of you Holy-yid. I try to remind myself daily of how my success is only from Hashem, even though somedays a may not really feel so or want to think about it.

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Re: self esteem
Posted by Holy Yid - 02 Oct 2009 02:14

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One of The keys to staying strong is to always live with a sense of awe of and reverence for the struggle. Not fear just remember that we are powerless and the power comes daily, hourly and by the minute from our Higher Source. It should make you calm and get you focused on your fences. The other option is to go at it on your own and see how far you get. Tell me if you get anywhere.

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