

Need help breaking free of my past transgressions

Posted by loefman - 05 Jan 2015 13:14

So recently I have been trying to do a moral inventory and it's just so hard knowing that I have made so many mistakes and committed such heinous crimes against Hashem. I know that we have to move on but no matter what these actions have been a part of my life. They don't DEFINE me but they are most definitely APART of me and that's what scares me. If anyone has by advice it would be greatly appreciated

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Re: Need help breaking free of my past transgressions

Posted by Shmeichel - 05 Jan 2015 20:16

the first initial washdown takes away most of the dirt, the rest is just polishing up

the first step you have taken already

now is not the time for tshuvah, that will be a gift of hashem for you at a later stage

besides, if hashem is an erech apayim, so there is no difference between small single sins, and huge countless sins, if he forgives he forgives

so whats the point of dwelling on them, give them as a gift to the yetzer hora

leave them over, just run a mile from that thought

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Re: Need help breaking free of my past transgressions

Posted by cordnoy - 05 Jan 2015 20:31

[loefman wrote:](#)

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Welcome,

We are all on the same boat.

Just posted this on a different thread:

[cordnoy wrote:](#)

Joinin' GYE?

Think you're a loser?

Read this!

[Me3 wrote:](#)

Benavraham

We can't stress this enough. If you were a bad person you would not be here on this site. You would be somewhere surfing and m**ing to your hearts content.

Why come here?

The people who come here come because they are good people, in fact although I can't prove this I think that a good percentage of the people here outside of this issue are respected as better than average members of their respective communities.

These people have a problem a serious problem that they want to beat more than anything else in the whole world. Granted they have ended up in this mess due to their own failings and shortcomings. They, however, regret their actions and desperately want to be free of this

addiction.

You my friend are a good person (say it 10 times)

You have a flaw that you are aware of and are working on correcting and you are making progress. You didn't beat it in one shot (Shock of shocks) but progress you have made.

Of course, if you want you can decide that all is lost, you're a jerk, loser, reincarnation of the satan, break up with your girlfriend and stay in your bed all day moping about your sorry life, etc.

That will help.

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