

Which emotions of regret are productive

Posted by eslaasos - 14 Jul 2015 15:11

There is a line from one of sifrei musar (I don't know where but I've heard it quoted in shiurim from reliable Rabonim) that reshaim are maleim charotos.

I have also heard many many times the posuk of Ki sheva yipol tzadik v'kom. So you can have a guy who falls periodically, and has tremendous regret, then gets up and tries again, and falls again, and tries again, and falls again etc. etc. etc. (Sounds familiar?)

What is he - is he a tzadik because he keeps trying or is he fooling himself and in reality he has found his balance of "manageable" regret?

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Re: Which emotions of regret are productive

Posted by lamplighter - 14 Jul 2015 15:33

in tanya chapter 26 the subject is well explained...

www.chabad.org/library/tanya/tanya_cdo/aid/7905/jewish/Chapter-26.htm

one of the ideas is that thinking about aveiros that make you sad is a bad thing when it causes you to sin again...

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Re: Which emotions of regret are productive

Posted by eslaasos - 14 Jul 2015 15:56

Thanks for the reference. Here is a quote from that webpage that bothers me:

For this one must set aside opportune times, when the mind is calm, to reflect on the greatness of G?d against Whom he has sinned,

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so that thereby his heart will truly be rent with genuine bitterness i.e., bitterness – remorse – as opposed to depression; the former is alive and active, while the latter is resigned and "dead". It is explained elsewhere when this time should be.²⁰

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There it is also explained that immediately after his heart has been broken during those appointed times, he should completely remove the sorrow from his heart,

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and he should believe with perfect faith that G?d has erased his sin, and that "He pardons abundantly."

I have a hard time fooling myself (or maybe I fool myself that I don't fool myself:)) so I have a hard time with the concept that I should believe that my aveiros have been forgiven only because it's counter productive to think otherwise.

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Re: Which emotions of regret are productive
Posted by lamplighter - 14 Jul 2015 19:43

well if hashem says its forgiven i guess it is...

but think about it if you do think that way its only going to make you moving on and focus on the future rather than thinking about the past which might is (usually) making you feeling bad and sin again...

you could see the next chapters, the baal hatanya continues to explain it...

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