

Group 196

Posted by the.guard - 09 Dec 2016 12:50

Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

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Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: eyes.guard@gmail.com.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 30 Dec 2016 12:53

So, I'll "kill 2 birds with one stone/post" and write a story/joke from Rav Fishel Shechter:

A single guy, down on his luck, decides to travel a long distance to the Sar HaMazel.

He says that he is tired of always doing things for other people, and never for himself.

On his way, he passes a lion, a princess, and a tree.

Each one tells him to ask about their mazel,

since he is going anyway.

The lion is always weak and tired and can barely move.

The princess can't seem to find her life match and is still single.

And the tree feels it isn't growing right, and that something is wrong with it.

I'm always doing for other people and not myself. He keeps complaining,

but he agrees to ask for them.

When he gets there, the Sar HaMazel says that he can ONLY ask about other people and not himself. He is so frustrated and angry. He is always doing things

for others and never for himself. O.K. he asks about the mazel of all 3 of those he passed on his way.

On his way home he passes first the tree. The tree asks him about his mazel.

The guy starts complaining and says can you believe it, I went all the way there, and he wouldn't even tell me anything about my mazel. He did, however, tell me about yours.

He said that you have a very big treasure chest buried in the ground that is blocking the growth of your roots. Unless it is removed, you will not be able to grow normal and be healthy. Then, will you please remove it? the tree asks.

Dig it up so that I can live and grow, and it's yours.

No, no. I've had enough! I'm always doing for others and never for myself.

I'm not interested in helping you. And no matter how much the tree tried to reason and plead with him, he moved on toward his home.

Next, about 15 minutes before sunset, he sees the princess.

She asks him what the Sar HaMazel said. He starts to complain:

do you know how far I had to travel and walk to get there.

And then, he didn't even tell me about my mazel. He would only tell me about other's mazel.

So what did he say, the princess asked again.

He said that if you get married today, before sundown, you will be happily married all the rest of your days. And not only that, but your children from this union will all become tzadikim. Then, quickly, let's get married this instant, she says.

Nothing doing. I am done helping other people.

All I do is help other people, and I never do anything for myself.

She tries to reason with him and convince him, but to no avail.

And leaving her in tears, as the sun sets, he continues on toward his home.

He then passes the lethargic lion. He says what did the Sar HaMazel say? What's wrong with me. First, the guy complains that the Sar HaMazel had a terrible rule that he would only answer me about others and didn't help me at all. I wasted so much time and effort going there. My life is so awful and filled with frustrations that I don't even know why I bother going on living. I'm sick and tired of always doing for other people and never for myself.

But what did the Sar HaMazel say about me, the lion asked.

He said that if you find a fool who is always complaining, who doesn't see the good in life, and is so closed-minded that he doesn't even see the brachas around him, that HaShem has set up for him to enjoy, and you eat him, then all of your strength will be restored.

We think what an idiot. How ridiculous. What a moron.

But Rav Shechter finished by saying that we are all too similar to the foolish dead guy.

Doing for others, very often is intertwined with really helping ourselves. And we all need to open our eyes and see all the brachas around us that HaShem sets up for us to enjoy.

Good Shabbos! Chanuka Somaach! And Chodesh Tov!

or GSCSACT as some might write.

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Re: Group 196

Posted by Gevura Shebyesod - 30 Dec 2016 13:28

Some prefer Froot Loops.

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Re: Group 196

Posted by Gevura Shebyesod - 30 Dec 2016 14:37

My office was a danger zone.

Goin'l to meetin's, workin' on myself, sspeakin' to therapist is what helped change me.

Trix are 4 kids.Which Trix are you specifically referring to, oh wise yet sex crazed man? Anythin' that is not productively workin' on yourself is simply trix.

Some prefer Froot Loops.

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Re: Group 196

Posted by Gevura Shebyesod - 30 Dec 2016 14:39

[cordnoy wrote on 30 Dec 2016 04:15:](#)

[LifneiHashem wrote on 30 Dec 2016 02:49:](#)

[cordnoy wrote:](#)

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Re: Group 196

Posted by Trouble - 30 Dec 2016 14:42

[Gevura Shebyesod wrote on 30 Dec 2016 14:39:](#)

[cordnoy wrote on 30 Dec 2016 04:15:](#)

[LifneiHashem wrote on 30 Dec 2016 02:49:](#)

[cordnoy wrote:](#)

My office was a danger zone.

Goin'l to meetin's, workin' on myself, sspeakin' to therapist is what helped change me.

Trix are 4 kids.

Which Trix are you specifically referring to, oh wise yet sex crazed man?

Anythin' that is not productively workin' on yourself is simply trix.

Some prefer Froot Loops.

Personally, I wouldn't mind Life.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 01 Jan 2017 00:23

I am eating healthy and losing weight. But every 2 months or so, I schedule a eat "anything I want" day. It really seems to be working for me. But, when I thought to use this method for this area, I ran into a brick wall. I can never schedule a time to do what HaShem doesn't want me to ever do. So how can I "work on it" and reduce the amount of times I fall/fail/act out/waste seed/do the aveira

(depending on your preferred way to describe it)?

My wife had 2 amazing ideas, that get around this problem:

1. find out how many times the negative behavior that HaShem does not want is happening a month, on average, over 3 months of keeping track.

Let's say the number is 8 times a month. Then, decide that next month that you are going to cut down, and will not fail more than 6 times no matter what.

You never actually schedule in a failure day or try to fail, but each time you do that negative action, you keep track of it.

And once you get to 6, that's it...and you make sure that it doesn't happen again until at least the start of the next month.

If the next 3 months, you are able to average only 6 times, then you move that number down to 4...etc.

2. every 15 days you succeed, you reward yourself.

It could be a backrub or a night out for a hot chocolate, whatever.

This will help once you get to about 9, since you are pretty close to the reward/treat/prize.

You are rewarding positive behavior, and giving weight to the accomplishment, and hopefully, that will give you chizuk to continue succeeding.

These are both great ideas...

and the fact that my wife thought of them and shared them with me, is a VERY good sign, indeed.

I think the 2nd one will work better for me,

since I am not acting out so often/several times a month.

And look, I am now at 15 days, so I'm ready for my first prize/treat/incentive!

3. I do think that for something like night seder, I can use the "anything-I-want" day approach, and if I learn 20 night seders in a row, then I can take 2 AIW days, and those nights go out and do anything I want (within reason).

Looking forward to an "earned" vacation, should help keep me on track and focused the whole month of 20 night seders.

I hope these 3 ways, will help other people too.

It's the last night of Chanuka; let's make it count!

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Re: Group 196

Posted by LifneiHashem - 01 Jan 2017 00:32

I've tried eat "anything I want" days but it usually leads to binge eating and even more weight gain.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 01 Jan 2017 01:05

Luckily, this isn't a losing weight support forum.

I'm just saying that this idea can work for something like night seder...

after succeeding and learning 20 days in a row. You "earned" a 1 or 2

anything you want to do days.

And the other 2 idea from my wife, would/will/may work for this inyan.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 01 Jan 2017 11:33

Another day.

Listening to tons of Aish.com short video shiurs/stories.

Don't know what else to say. It's the 8th day of Chanuka...a holy time for sure.

And even though it's not really the new year for us, it's probably a good thing
to use it for introspection and reflection...making goals and choosing a direction.

I hope this year will be a year of growth and success.

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Re: Group 196

Posted by shua73 - 01 Jan 2017 13:42

JJust checking in. One week and it's zos chanukah. Chanukah was easier for me just bc always
running here and there for all different Chanukah stuff. How's everyone else doing?

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Re: Group 196

Posted by will Succeed Beh - 01 Jan 2017 17:09

[Yosef Tikun HaYesod wrote on 29 Dec 2016 18:34:](#)

Shining Shevat sounds good, but...

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Let's do Terrific Teves 1st

So who is joining us for the Terrific Teves?

Please speak up!

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Re: Group 196

Posted by will Succeed Beh - 01 Jan 2017 17:35

Hi all i'm back from my weekend vacation! was very nice BH.

Correct, skipped it! seems i wanted to get quicker to the 90 days...

Just renewed my TaPHSiC Shavua, forgot to do it before i went (it expired Rosh Chodesh Teves).

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Re: Group 196

Posted by Markz - 01 Jan 2017 22:48

Quiet,

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Re: Group 196

Posted by LifneiHashem - 02 Jan 2017 03:22

[will Succeed Beh wrote:](#)
[shua73](#) has Upped your Karma ++

[Yosef Tikun HaYesod wrote:](#)

Shining Shevat sounds good, but...

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So who is joining us for the Terrific Teves?

Correct, skipped it! seems i wanted to get quicker to the 90 days...

Please speak up!

Count me in! Aiming for terrific 4th day of Teves

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