

i had a fall

Posted by wewillgetthere - 11 May 2018 13:50

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so i had a fall after like 283 days - how do i treat this as a one off and go back to my excellent ways?

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Re: i had a fall

Posted by Kedusha - 11 May 2018 15:58

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I'm sorry about your fall, but don't be discouraged. The real test is now. The y'h does not really care about one fall. Rather, he is hoping that you will be tricked into allowing one fall to lead to countless falls. If you can limit this to just one fall, you'll be fine. Just take it one day at a time.

I suggest going to Mikvah today if you can, to help put a wedge between you and what happened. Decide that, no matter what, I will stay clean until after Shabbos. Enjoy Shabbos. Daven with feeling. Learn a meaningful Sefer.

Imagine if the stock market went up for 283 straight days, and then lost a few hundred points one day, but then resumed its winning streak. That's where you can be, and don't let the y'h trick you into thinking otherwise.

Hatzlacha and have a wonderful Shabbos!

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Re: i had a fall

Posted by Trouble - 11 May 2018 16:44

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and even if the stock market has several bad days, it's still ok. Yes, we should try to avoid any bad days, but \*\*\*\* happens! It's our job to try staying above the fray.

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Re: i had a fall

Posted by Markz - 11 May 2018 17:31

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[Kedusha wrote on 11 May 2018 15:58:](#)

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Isn't that a chatzitza?

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Re: i had a fall

Posted by Hashem Help Me - 13 May 2018 03:40

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Wow. 283 days is incredible. Just do it again - you obviously know how to do it.

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Re: i had a fall

Posted by Hashem Help Me - 13 May 2018 03:45

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Maybe share with the chevra what worked for you. It will be a big help and chizuk for many.

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Re: i had a fall

Posted by wewillgetthere - 17 May 2018 10:27

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thanks all great advice - love the stock exchange example!

- personally i find keeping myself busy - a routine schedule that does not include time for "pleasure" very helpful. by doing this i try and root it out of my schedule/life so it should not be a part of my life
- i take tremendous inspiration from those who are many years older and still battling - i think to myself "do i want to be in that situation in ten years time?" - obviously no so i need to ensure that just like going to church is not a part of my life neither should pornography etc
- i personally have no problem watching mainstream tv documentaries / sports etc and if i have spare time i make an effort to watch something like that {nature documentaries etc.

anyone else have other useful advice

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