

Still getting started

Posted by Danie - 03 Apr 2020 15:50

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If I want to beat this I have realized it's something I must work on and build every day. It's not something I can shelf for some time then come back to it when I struggle. These are skills and techniques I most constantly strive to improve. Another key is motivation I struggle that sometime the battle feels dull and old, so it's important to me to make it fresh and make it something I want constantly. But all this only happens if I'm working on it otherwise things start to slip away.

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Re: Still getting started

Posted by wilnevergiveup - 05 Apr 2020 08:09

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Hey Danie, keep it up! We are all rooting for you!

The trick or the trade here is to keep ourselves busy with meaningful things and keep growing in all areas of life. This way we we can feel good about ourselves and hold ourselves to higher standards.

When we do chessed just for the sake of chessed, or make a special effort to daven with feeling, it elevates us and we can feel it!

When we are growing we are powerful against the mighty y"ch. Unless you are prepared and have some tricks up your sleeve, the y"ch will win you every time, guaranteed!

Be prepared, make a plan and do it!

Wishing you all the best.

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Re: Still getting started

Posted by DavidT - 05 Apr 2020 17:03

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We must have the right attitude toward nisyonos. We must remember that challenges are really opportunities from Hashem to accomplish. They are our big chance to become great through spiritual accomplishment, the only way that matters. Our battles are something to be excited about!

Once we acquire this attitude toward nisyonos, we can put it into practice by pumping ourselves up when we expect a challenge. These feelings will continue during the challenge, and we will want victory more than what we desire. The battle will be neither painful nor draining. Rather, it will be exhilarating and empowering because we will be doing what we want to do rather than straining ourselves to act against our will.

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Re: Still getting started

Posted by ColinColin - 13 Apr 2020 01:51

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Keep going.

In tough times, remember the horrible feeling you had after you last fell.

You know you want to avoid that feeling!

And remember how good it feels to be clean.

The urge to fall is just an urge...put it in a cloud, then leave it.

After a while the cloud floats away.

It will appear again, but deal with it when that happens..

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