

kedusha and not getting depressed  
Posted by shimon1836 - 08 Oct 2024 03:20

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I am feeling very depressed right now. it is monday evening october 07 2024, it is the middle of aseres yemei teshuvah, more than anything i want to do gods will, and i was doing fine since before rosh hashana, then some kids were bothering me and i got into fight flight mode, then felt sick with myself that i get so disturbed by such things, so distract myself, i looked at some video recordings of frum ladies and was motzi zera livatala. not porn, but just as bad. i want to be kadosh, but can't make it for more than a few days. please give me chizuk. [shimon1836@gmail.com](mailto:shimon1836@gmail.com)

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Re: kedusha and not getting depressed  
Posted by hopefulposek - 08 Oct 2024 12:38

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Oy my dear shimon, my heart goes out for you, I won't pretend to understand the suffering you had and still have as a result of your childhood. I want to let you know that I support you in your journey here. In response to your post, you seem to me to be very kadosh, though maybe not as you had envisioned it. there is tremendous kedushah in every step you take to be better, though it may look different than you had hoped, every time you push back a little bit, there is a spark of kedushah there that cannot be extinguished even if you are motzei zerah afterwards, the spark of kedushah lives on inside you. I implore you to recognize these sparks, and you will see that they quickly make a large bonfire of purity within you. Hashem expects us to try and improve in our ways, and you are doing just that. Take the time everyday to appreciate the accomplishments you have made.

Also remember that no matter what you may have done and how you act, Hashem loves you so much and you are special to Him. He created you and feels that you play an important role in the tikkun of this world, no one can take away the value that Hashem has placed in you, and every time you make progress you are helping to realize that value.

Hatzlachah Rabbah my friend!

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Re: kedusha and not getting depressed  
Posted by eerie - 08 Oct 2024 23:25

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OH MY G-D

Shimon, to say that my heart goes out for you is an understatement. My friend, you've been through hell. Literally. I wish I could hug you and make you feel better. Oy, I cry for you. You are very special that you are where you are. Give yourself a lot of love. Boy, do you deserve it.

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