

motivations

Posted by strugglingandstrivngBT - 30 Aug 2010 15:51

So I've been observing myself. The last week or two have been very difficult, and I've had the strongest urges in a while. I attribute this mostly to not being so careful with my keyboard and eyes about a week ago and looking at something I shouldn't have, then continuing with thought). So overall I have not spilled, but I have tempted myself how I shouldn't, which always makes things very much worse.

I've been looking into a position that I was excited about, and yesterday right before I was supposed to get a call back on it looked at something that was on the fence of not appropriate and not necessary. Then I realized that during the time that I'm looking for help is not the time I should be doing that (as if there is ever a time I should). So today I found out that the position has been cancelled, and my first reaction was sort of "all that work for nothing, I should just cave". I am well aware of the flaws in that logic (as in thinking I know why something happened), but it is interesting to note that even though I thought I had kept a distinction between the motivations of wanting to get past the addiction and wanting a job, they crossed. I did notice this B"H and didn't act on it, but how do we align our hearts to want to get better, just because it's the right thing to do, because we need to, as opposed to because if we don't _____ will happen? Especially when the desires of the body have no interest in getting clean, only the intellect and soul...

any thoughts?

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Re: motivations

Posted by Shteeble - 03 Sep 2010 00:03

[strugglingandstrivngBT wrote on 30 Aug 2010 15:51:](#)

How do we align our hearts to want to get better, just because it's the right thing to do, because we need to, as opposed to because if we don't _____ will happen? Especially when the desires of the body have no interest in getting clean, only the intellect and soul...

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I'm not understanding your question 100%, but I think you want your heart to focus on the fact that it's the right thing to do. It seems that you are caught up in focusing on what the punishment might be.

What about mitoich shelo lishmah boh lishmah?

If you could accomplish recovery as a result of fear, couldn't you then afterwards achieve it on a higher level.... lishmah?

clarify please.

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Re: motivations

Posted by strugglingandstrivngBT - 03 Sep 2010 01:28

so I was refering less to "punishment" and more things that I want to happen NOT happening, potentially due to my actions. as soon as the thing passes or doesnt happen the motivation is lost because it is external.

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Re: motivations

Posted by Shteeble - 03 Sep 2010 10:35

Oh.

I think I see the problem.

I could hear how actual FEAR, let's say of gehinnom or losing your olam habah for netzach netzachim can get a person to start thinking and working on overcoming the problem.

HOWEVER.....

This kind of BARGAINING or "HEY HASHEM LET'S MAKE A DEAL OK?"

I don't think that IS EVEN POSSIBLE OF HELPING YOU OVERCOME
EHNEEEETHEEEEEEEENG.

WE DON'T BARGAIN WITH HASHEM. WE ARE THE SERVANT, AND SERVANTS DON'T
MAKE BARGAINS WITH THEIR MASTERS.

My intention is only to HELP you, so please let me know if i missed the boat or something.

koll tuvvv.

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Re: motivations

Posted by strugglingandstrivngBT - 03 Sep 2010 16:58

you're on the boat, and I knew that answer. the question is how to train the heart to feel the answer.

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Re: motivations

Posted by Shteeble - 03 Sep 2010 17:18

Before the heart can FEEL the answer,

the brain must KNOW what the answer is.

What does your brain SAY the answer is?

Then you can work on connecting your brain to your heart. That shouldn't be too hard because they're already connected somewhat. Just keep on rowing.

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