

turning our tips into action?

Posted by mnman415 - 21 Sep 2010 22:56

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there are so so so many different tips out thereabout our problem and controlling ourselves, either with our eyes or anything. and when you read it you get so inspired or you tell yourself when i get into the mood next time im gona do what they told me and il stop myself, but then when the time comes you forget about any chizuk or tip youve learnt and i fall. how do you bring the tips/ chizuk to mind when youre about to fall

P.S. this topic has probably been brought up many times.

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Re: turning our tips into action?

Posted by Shteeble - 22 Sep 2010 00:02

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It's kind of like a mussar sefer. You may not feel yourself changing, but slowly but surely the tips and chizuk start to work at your innermost being. ssslllloooowwwllleeeee we begin to change.

The tips in the forum, the handbook, the chizuk emails, bardichev's cholent and woodford, and the ebooks are all mechazek you.

They start lighting up the fire inside your soul.

They may help you strengthen yourself to fight at a time of nisayon.

Think of each tip as a brick you may consider using in building your bridge to The Land Of Sober. You don't know how many bricks you will need yet, but you need to keep the bricks coming until the bridge is complete and you arrive at your destination.

An excellent question.

This answer is certainly only one take.

I'm curious to see other answers.

all the best.

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Re: turning our tips into action?

Posted by ur-a-jew - 22 Sep 2010 04:16

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When you see a tip that appeals to you write it down on the back of a business card and keep it in your wallet. At the end of the day when you put your wallet away look at the card and ask yourself did I have a need for this tip today? If yes, did I take advantage of it and implement it. If I didn't implement it ask yourself why not and see how next time you can remedy the situation. A two minute nightly chesbon like this will change your life.

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Re: turning our tips into action?

Posted by Shteeble - 22 Sep 2010 14:26

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but if you're frequently handing out YOUR business card, don't use YOUR business card for

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Re: turning our tips into action?

Posted by mnman415 - 22 Sep 2010 14:52

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that a fantastic idea!

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