

im brand new

Posted by blackberry - 29 Sep 2010 00:53

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just went close to two months without doing anything and just had two bad days feeling depressed any words of encouragement

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Re: im brand new

Posted by mnman415 - 29 Sep 2010 01:03

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what there to be depressed about???? i just had a fall after 37 days. when i danced at simhas beis hashoeva i had simcha that hashem even gave that long! you had 2 months! youre doing better than so many people.

what happened? what caused you to fall?

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Re: im brand new

Posted by desperate\_teddybear - 29 Sep 2010 05:10

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you had two months that can never be taken away from you ever, two months you dedicated to Hashem. they are yours to keep.

now go chap some more days ;D

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Re: im brand new

Posted by jewinpain - 29 Sep 2010 08:09

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Hi BB, 2 months that's nice start, keep trucking as Rabbi bards always says, as for ur depression goes, I can speak from my own experience, Depression causes a fall & a fall causes depression , its a vicious cycle, so u gota take that 1 important klal in this struggle befrat and in general life bechlal, Depression is our worst enemy, YH is fed from that, so if u wana break his foundation cut him right there, just work of that triggers that caused the fall identify them, see how u can avoid in the future & move on full speed, & hashem will help with the rest

Take care my dear brother,

A git kvital

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Re: im brand new

Posted by Holy Yid - 05 Oct 2010 04:02

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It happens to the best of us. We lose focus and fall. This is not a race but a journey. We seek to understand ourselves and the our weaknesses and look for ways to deal with them.

This is a possess of growth. We say "don't count your days, make your days count".

Even a fall counts if we learn something from it.

We only make it in the long run because we learn fro our falls.

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