

why do we tell about falls

Posted by frumfiend - 08 Oct 2010 12:24

I would love to hear from the oilom is it really beneficial to post every fall.

I understand that somtimes we want chizuk. On the other hand since we are trying to get up and keep on trucking maybe we shouldnt make a big deal about it. When every body starts posting back dont worry etc. It makes the whole thing a big deal

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Re: why do we tell about falls

Posted by Me3 - 08 Oct 2010 12:26

accountability

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Re: why do we tell about falls

Posted by Kedusha - 08 Oct 2010 14:09

Three reasons:

1.) Accountability

2.) Accountability

3.) Accountability

Oh, I almost forgot - we need to be accountable!

Seriously, if you can get your accountability in some other way, e.g. by reporting a fall to a sponsor, that would also work.

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Re: why do we tell about falls
Posted by frumfiend - 08 Oct 2010 14:13

My question is really how much or any accountability is there in a anonymous board?

What is the benefit of accountability.

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Re: why do we tell about falls
Posted by Me3 - 08 Oct 2010 14:35

It's difficult to say you fell even on an anonymous board, but if it doesn't work for you then follow Kedusha's suggestion (Man I hate when we agree).

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Re: why do we tell about falls
Posted by frumfiend - 08 Oct 2010 14:40

But what is the benefit? Maybe im wrong but i dont think it makes us not fall. With a sponser you can rehash the whole thing and he can get you back on your feet.

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Re: why do we tell about falls
Posted by Me3 - 08 Oct 2010 15:09

First you said

[Frumfiend The star wrote on 08 Oct 2010 12:24:](#)

On the other hand since we are trying to get up and keep on trucking maybe we shouldn't make a big deal about it.

Now you say

[Frumfiend The star wrote on 08 Oct 2010 14:40:](#)

With a sponsor you can rehash the whole thing and he can get you back on your feet.

So please make up your mind

Second, does a sponsor prevent you from falling? Why? Because you have to tell him? Forum works the same way.

Again if

[Me3 wrote on 08 Oct 2010 14:35:](#)

but if it doesn't work for you then follow Kedusha's suggestion (Man I hate when we agree).

[Kedusha wrote on 08 Oct 2010 14:09:](#)

Seriously, if you can get your accountability in some other way, e.g. by reporting a fall to a sponsor, that would also work.

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Re: why do we tell about falls
Posted by frumfiend - 08 Oct 2010 15:55

Sorry! So do we agree that divulging falls is to prevent them or is there another reason. I was suggesting a different reason don't know if it's true. If the second reason is correct then there wouldn't be a reason to post on the forum. On the contrary it might be counterproductive as I suggested earlier.

Thanks a lot I hope my question is clear now. Thank you for responding

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Re: why do we tell about falls
Posted by Kedusha - 08 Oct 2010 15:58

[Me3 wrote on 08 Oct 2010 14:35:](#)

It's difficult to say you fell even on an anonymous board, but if it doesn't work for you then follow Kedusha's suggestion (Man I hate when we agree).

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I disagree!

Re: why do we tell about falls

Posted by Kedusha - 08 Oct 2010 16:00

Having to divulge a fall (to the forum, to my Rebbe, to my Rav, to my wife) is a huge deterrent for me.

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Re: why do we tell about falls

Posted by Yosef Hatzadik - 08 Oct 2010 17:47

Warning!!! The following is not be read by anyone who is not an 'extremist'! it was not written in the spirit of GYE!!!

Dovid Hamelech said, "*Ashrei n'sa peshah, k'sui chatah.*"

If it is *l'toeles* it may be *mutar*, though. (i.e. It will help us in *azivas hacheit*.) I was told that the issur is because it shows a zilzul in recognizing the severity of a *cheit* towards the Ribono Shel Olam. If we would realize it, we would be way to ashamed to tell anyone!

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Re: why do we tell about falls

Posted by Kedusha - 08 Oct 2010 17:59

Dovid HaMelech was talking about sins, not addictions.

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Re: why do we tell about falls

Posted by Yosef Hatzadik - 08 Oct 2010 18:13

Kedusha, you are not an 'extremist', you are a **nice guy**! You weren't authorized to read that post.

.....but, I think, the term '*Nishtaresh b'chei*' is used in seforim in this context.

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Re: why do we tell about falls

Posted by Me3 - 08 Oct 2010 18:38

Bottom line is, we only hold of one idea. Whatever works to stop you from falling do. If it's posting, sponsors, fines, holding your breath, or anything else.

Personally I find that the worst punishment is to read one of Dov's original posts (Written in Dovish) there's not much more painful then that.

(Love you Dov!)

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Re: why do we tell about falls

Posted by kutan - 10 Oct 2010 16:58

FF, this thread was worth it just for the beautiful interaction between Kedusha and me3. (me3, you can start over on your kabala again, if you wish...)

But I have another angle.... ???

One of the main problems we face is denial.

Check it out... its fun to read (other people's) threads when they start out, and see how they write they did this or that etc, but no, I'm not addicted.

Admitting it on the record helps a person recognize they need help... badly.

the chizuk GYE'ers give afterward is a side affect.

Now, fact is, that posting is a deterrent for many, even if it is anon. Proof is that several times Guard has posted stuff he received as emails where the poster was too embarrassed to post under their - anonymous - screen name.

But, even without that, the other point applied. It makes the person 'own up' to the problem, and helps uproot years and years of reinforcing the denial.

Just a thought from kutan.

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