

im a failure...

Posted by s4nh - 20 Jan 2011 17:11

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so the other day I fell....

I tried doing the 90 day thing and lasted 15 days!

and then it all went down the drain when I found myself alone...bored...and careless....

I felt this voice telling me it was ok because I held back for so long that this once wont hurt....

well it did!

im very upset...

and depressed....

i need this to go away....just..all of it...away

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Re: im a failure...

Posted by ZemirosShabbos - 20 Jan 2011 17:20

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you may have fallen or failed but you are not a failure!

[bardichev wrote on 12 Jan 2011 00:21:](#)

Viyirayu oisanu hamitzrim

The mitzrim convinced us that we are bad

Its a teefer yesod

A yeed is good. No matter what. Even if he acts bad he IS b'etzem good

try to see where things went wrong and learn what you can do to try to prevent it recurring

maybe try a new approach, learn about the 12 Steps, see if that is an option for you, there are phone groups that you can join, reach out to a friend or mentor you trust and most of all speak to Hashem, tell Him what's going on and turn to Him

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Re: im a failure...

Posted by ben durdayah - 20 Jan 2011 17:51

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[s4nh wrote on 20 Jan 2011 17:11:](#)

so the other day I fell....

I tried doing the 90 day thing and lasted 15 days!

and then it all went down the drain

**WRONG, WRONG, WRONG...**

Your fifteen days are written up in golden letters in Hashem's Wall of Honor.

I felt this voice telling me it was ok because I held back for so long that this once wont hurt....

well it did!

That's the same voice which tells you that your 15 clean days "all went down the drain", and the same voice that tells you to call your thread "im a failure..." and not "I'm a success story in the making...".

And i think you know whose voice that is...

## **The YH**

when I found myself alone...bored...and careless....

I think that we're on to something here...

im very upset...

and depressed....

i need this to go away....just..all of it...away

Feeling your pain,

Elazar ben Durdayah

Now let's get up from that misery... because that also comes from the same one who got you into this situation in the first place.

Don't give your worst enemy his favorite gift.

Save your regrets for a later date, do something **NOW** to will lift your spirits. G-d loves you.

Learn from this experience, and **KEEP ON TRUCKING!!!**

EBD

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Re: im a failure...

Posted by silentbattle - 21 Jan 2011 12:47

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Every second that we stay clean, we get close to hashem, we get access to kedusha and spirituality on an unimaginable level.

Every second.

You had 15 days - that's 1,296,000 seconds!

Now, if you want to know what we do when we fall, we...get. up. And move forward. And we learn from what happened so that we gained from the experience.

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Re: im a failure...

Posted by Shteeble - 21 Jan 2011 13:04

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[s4nh wrote on 20 Jan 2011 17:11:](#)

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I AGREE with YOU and DISAGREE with everyone else.

Listen to your heart....

You SHOULD be very upset.

You SHOULD be depressed.

It aint goin away so fast, and you're stuck in the mud.

signed,

your loyal yetzer hora.

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Re: im a failure...

Posted by silentbattle - 22 Jan 2011 21:07

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;D

Well said, World!

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Re: im a failure...

Posted by ben durdayah - 22 Jan 2011 21:37

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[world wrote on 21 Jan 2011 13:04:](#)

[s4nh wrote on 20 Jan 2011 17:11:](#)

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signed,

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Hey, World!

If you've got an inside connection with the YH (you seem to be his ghost writer), maybe ask him to leave me alone?

Thanks,

EBD

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Re: im a failure...

Posted by Shteeble - 23 Jan 2011 00:08

Moiradig!!!

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The only YH I have connections with is Yosef Hatzadik.

I think we all have EXPERIENCE with the Yetzer Horah.

Feelings of failure and depression are the name of his game.

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Re: im a failure...

Posted by ben durdayah - 23 Jan 2011 09:10

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[world wrote on 23 Jan 2011 00:08:](#)

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[world wrote on 23 Jan 2011 00:08:](#)

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Feelings of failure and depression are the name of his game.

Well said, that's been (an still is) my experience as well

But then again, you have a WORLD of experience...

EBD

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Re: im a failure...

Posted by Reb Yid - 25 Jan 2011 17:51

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We all know the famous Chazal that says "Sheva Yipol Tzadik, Vekom". Note the term Tzadik!!! If even a Tzadik falls 7 times, how much more can we expect to fall as well?! But the truth is that each time we get up again, we are bringing ourselves to the place where "Ain Tzadikim gemurim yecholim laamod"!!

When we get closer to Hashem and go 15 days, nobody can take that away from us!! As long as your commitment at the beginning of the 15 days was sincere, so you were a Baal Teshuva Gamur for 15 days!! There is an article that I'd like you to read when you can. This is great for all of us suffering by the way. It puts the whole struggle with the Yetzer Hara in perspective so we Don't get too down when we fall. Let me know if it helps at all.

Hatzlacha Raba and remember - Yiush has the first and last letter of YH = Yetzer Hara!!!

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Re: im a failure...

Posted by Yosef Hatzadik - 25 Jan 2011 18:24

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[an honest mouse wrote on 07 Jun 2010 22:20:](#)

[Yosef Hatzadik wrote on 07 Jun 2010 17:16:](#)

Yetzer Horah & Yosef Hatzadik share initials.

it also stands for **Y**esterday is **H**istory, so move forward without looking back - onwards and upwards!

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