

Teshuva

Posted by kosher - 16 Feb 2011 04:16

I know that teshuva is a dirty word on this forum (it probably even gets zapped by R' Guard's bad word zapper). The focus here is realizing we are not bad people, but sick people getting healthier. There is also a very strong focus on the positive here and for many people focusing on the "bad" aspect will be counter productive.

I understand all of that, but I think with enough time since the last "fall" it is time to think about teshuva. Whatever the attitude and approach, ultimately I did a "bad" thing for which I need to do teshuva.

My problem is though, that I am scared to think/talk about teshuva, because I am afraid that implies that I think I am "cured" and "can't/won't" every do that stuff again. I feel that if I ever had such a complacent/self confident attitude I would be a lost cause...

Any thoughts??

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Re: Teshuva

Posted by kosher - 18 Feb 2011 16:00

I see that my writing skills need some work.

Azivas Hachet is not Teshuva. The same chiuiv that requires a person not to do the aveira the first time is mechayev him not to do it every time (no matter how many times they have fallen in the past). **After** a person has successfully stopped doing the avaira, then there is another mitzva of teshuva to be mesaken the chait. (See Meshech Chochoma on Parshas Ha'azinu for a nice pshat in the Rambam based on this.)

As pointed out many times on this forum, until one has stopped doing the avaira they cannot start the process of teshuva (Shaari Teshuva 1-11).

99% of these forums (correctly) deal only with stopping the bad behaviour and certainly until that is done, teshuva should not be discussed.

My question is though, for those who have successfully stopped and are ready to discuss teshuva, the process of teshuva seems to have some challenges to the attitudes/mindsets that were so successful in stopping in the first place...

Good Shabbos,

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