

imperfect post by new member

Posted by Shteeble - 15 Aug 2010 20:05

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Hello.

I am a new member. I am also kind of a perfectionist... So if I would try to put out a good post, it would take me a long time.

So, just for the sake of getting started.

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Forget it. Just thinking about what to write took me about twelve minutes so far! :-\

I'll just say hello!

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Re: imperfect post by new member

Posted by kutan - 17 Oct 2010 18:53

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now, when my kids come home with hundreds, I sign the test paper and give them a knip, but also tell them that I'd rather they get a ninety something.... its healthier to know that you can make a mistake, than to think they have to be perfect!

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Re: imperfect post by new member

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Posted by Shteeble - 17 Oct 2010 20:04

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good move.

lucky kids!

smart totty.

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Re: imperfect post by new member  
Posted by kutan - 17 Oct 2010 20:54

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figure it out myself. A mechanech pointed it out to me, and he is right! ;D

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Re: imperfect post by new member  
Posted by Yosef Hatzadik - 13 Jan 2011 18:30

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[an honest mouse wrote on 12 Jan 2011 22:18:](#)

The word 'oilam' comes from the word 'ne'elom', which means hidden,.... The world is named this way, because the manifestation of ..... presence is lacking.....

Hashem is hinting to us (through this possuk) come to the world ..... Come with Me to the world,....., so take Me with you, hold Me close, cultivate a relationship with Me and then you will be successful.

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Re: imperfect post by new member  
Posted by Shteeble - 13 Jan 2011 18:33

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come on.

Just a little bit of editing done....

you've got to at least blow off the dust.

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Re: imperfect post by new member  
Posted by silentbattle - 17 Jan 2011 06:34

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Hey - welcome back! How are you doing?

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Re: imperfect post by new member  
Posted by Shteeble - 17 Jan 2011 16:35

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Thank you.

If you're allergic to dust you can join us in the Hi thread.

It's good to see you.

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Re: imperfect post by new member  
Posted by ss7107 - 17 Jan 2011 16:43

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Hey World,

Id love to know how you stopped for the time that you did? Also, how do you keep such a positive attitude? When I am in struggle mode I get into such a lousy mood. And then it spirals and spirals.

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Re: imperfect post by new member  
Posted by Shteeble - 22 Feb 2019 14:20

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[Shteeble wrote on 17 Jun 2011 04:46:](#)

#24

Overhauling our character traits

If we continue to experience falls again and again, then something far more fundamental in our character traits may be absent. Also regarding perfectionism, all I can say is - I identify (almost)

The addiction is often a sign that we are missing some of the most basic principles of what it means to be a human being, created in the image of Hashem.

The emotional maturity of an addict can often be at the level of a two year old.

When we don't get what we want, we feel like crying, kicking and screaming.

We never learned how to deal properly with pain, anxiety, resentment, stress or anger.

We have always used the addiction to hide inside ourselves,  
and we refrained from mature emotional interaction with others.

While our peers were growing up and learning about life from the world around them,  
we were zoning out into our fantasy worlds of self-pleasure and escape.

And so we often remained as emotionally immature as a little child.

I attended an AA meeting where the speaker was celebrating his 20th year of sobriety.

He began by saying, "The man I once was, drank. And the man I once was, will drink again"  
(but the man I am today, will not).

Alcoholics who have not had a drink for many years but have not overhauled their character are  
"dry drunks" and will often drink again.

The same is true for this addiction.

How does one become a different person?

By working diligently on improving one's character traits.

Learning how to manage anger,  
to rid oneself of resentments,  
to overcome hate,  
to be humble,  
to be considerate of others,  
to be absolutely honest in all one's affairs,

to admit being wrong,

to overcome envy,

to be diligent and overcome procrastination.

When one has transformed one's character and has become a different person,  
one will find that this "new person" can accomplish things that the old person could not.

(Attitude Handbook Attitude #18)

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Re: imperfect post by new member  
Posted by Tzvi5 - 22 Feb 2019 16:10

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[Shteeble wrote on 22 Feb 2019 14:20:](#)

[Shteeble wrote on 17 Jun 2011 04:46:](#)

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(Attitude Handbook Attitude #18)

Nicely said. It behooves to say that gaining the comprehension of an average adult, should take care of the above mentioned issues.

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Re: imperfect post by new member  
Posted by Shteeble - 25 Feb 2019 01:23

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Learning to rewire my brain.

Problem: My feet are hot

Old Solution: Act out

New Solution: Take off my shoes.



Problem: I'm tired.

Old Solution: Act out.

New Solution: Go to sleep.

Problem: So and so is a nut.

Old Solution: Act out.

New Solution: Practice being humble.

Problem: I'm overwhelmed.

Old Solution: Act out.

New Solution: Focus on one top priority task at a time.

Problem: I'm Hungry.

Old Solution: Act out.

New Solution: Eat. (this is a chiddush.)

Problem: I'm thirsty.

Old solution: Act out.

New solution: drink water.

Problem: I'm worried.

Old Solution: Act out.

New Solution: accept the worst possible outcome. Make peace with it. Work to improve the

outcome.

Problem: I wasted all day.

Old Solution: Act out.

New Solution: Recognize that low energy is a normal experience from time to time. Get started on a high priority task.

I ask you; does there seem to be a difference between the life of an addict to the life of a non-addict in the way we approach life's simplest challenges?

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Re: imperfect post by new member  
Posted by Shteeble - 01 Mar 2019 14:04

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[Shteeble wrote on 21 Jun 2011 04:16:](#)

#25

Hashem looks at our efforts, not the results.

Hashem doesn't seek great successes and big achievements from us.

Whether we succeed in a big way or not, is ultimately His business.

All he asks from us is that we try to get a little stronger every day,

and do what we can at this point in time.

Our struggle with the Yetzer Hara is even more precious to Hashem than our ultimate success

in breaking free.

Hashem has enough great and powerful Malachim in Shamayim,

but only humans struggle with the Yetzer Hara and can give Hashem Nachas Ruach through that.

It is brought down in the sefer Menucha v'Kedusha, written by a talmid of R' Chaim Volozhiner,

that even a person who sins his whole life can still be considered a Tzadik,

as long as he never gives up and always continues to fight.

We like to think of success in terms of results.

But Hashem looks at our efforts, not at the results.

(Attitude Handbook Attitude #25)

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