

An Additional Approach

Posted by UTS - 14 Dec 2008 08:10

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One of the things that Chazal say, perhaps the primary approach to taking on the yetzer horah:

Step 1: Rigzu

Step 2: Imru bilvavchem

Step 3: Al mishkavchem

Step 4: Ve'domu

Please see below reply 7 for an explanation of this statement.

Thank you Battleworn for the explanation.

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Re: Another Approach

Posted by kookooreekoo - 14 Dec 2008 20:18

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Oh,

I didn't believe in Hashem until I worked the steps...

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Re: Another Approach

Posted by kookooreekoo - 30 Dec 2008 15:49

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Chazak,

I wonder how sober you are?

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Re: Another Approach

Posted by Net - 30 Dec 2008 21:21

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kookerikoo

Just calm down, and stop critisizing people, that's not how this forum works.

Thank you

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Re: Another Approach

Posted by BentleyJunkie - 31 Dec 2008 01:53

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would anyone mind translating the steps for a new BT?

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Re: Another Approach

Posted by Elya K - 31 Dec 2008 02:09

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1. We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts, and to practice these principles in all areas of our lives.

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Re: Another Approach

Posted by BentleyJunkie - 31 Dec 2008 04:56

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thanks elya, but i meant the 4 steps Chazak posted about approaching the YH

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Re: Another Approach

Posted by battleworn - 31 Dec 2008 13:00

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The Gemoroh (Berochos 5a) says, that a person (who is suddenly attacked by the menuval) should get angry at the menuval, yell at him and put him in his place.

If that doesn't do the job, he should learn Torah. [Under "normal" conditions Torah is a very very

powerful weapon against the menuval.]

If that doesn't do the job, he should read "Krias Shema" [IE: He should think about his purpose in life, Hashem's love for us, reward and punishment etc. And he should awaken his love for Hashem]

If that doesn't do the job, he should think about death.

R' Tzadok Hacoen explains, that what will work, depends on how much the menuval has already gotten control over the person. The last step [as opposed to the previous ones] is not a mitzvah, [we are supposed to think positively and be oved Hashem with simcha] but once the menuval has become the "baal habayis" -boss, drastic measures are necessary. R' Tzadok also says, that you need to do all the steps in order for the last one to work.

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