

Working on Simcha

Posted by unanumun - 05 Jun 2014 16:32

After 60 days of being clean, I have come to the realization that I have to work on my atzvus which I now see as a source of my need to act out.

I decided to make GYE my place for working on this as well, for several reasons

1. It is only because of all my great friends in the GYE community that I have been able to get to this point, so I look at it as a sense of hakaros hatov to be able to help others if there is anybody who will be able to gain from my postings on this journey towards simcha amitis. (and seeing alot of posts about depression and sadness definitely seems to indicate that there are those around here)
2. This struggle is directly connected to my issues of lust, porn, and masturbation.
3. I can't think of a better way to be able to share my trials and successes than posting here and receiving feedback on what i have to say. (Until someone opens a guardyoursimcha web site)
4. I have a feeling that some of the things that I will be thinking about and wanting to express will be somewhat connected to aspects of the 12 steps.

so here we go on another exciting journey towards self growth.

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Re: Working on Simcha

Posted by reallygettingthere - 02 Oct 2014 03:24

[unanumun wrote:](#)

you can be driving to the atm machine across town because the one closer to your home is not working, and at the same time realize that Hashem wants me to have to shlep to the other side of town. The traveling then becomes avodas hashem and then you can be oived es hashem besimcha. And drive besimcha. That's what happened to me today and I just found myself singing ivdu es Hashem besimcha on the way to the ATM that was 15 minutes away from my house.

Great Vort!

(Not to mention that some people would be envious that you have a reason to go to an ATM machine. You are either going to put something or take something out. Some people can do neither)

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Re: Working on Simcha

Posted by unanumun - 22 Feb 2015 16:33

I think it is time to dust off this thread (for me) for two reasons:

1. Adar - ?????? ??? ?????? ??????
2. It would help me at this point in my life.

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Re: Working on Simcha

Posted by cordnoy - 22 Feb 2015 17:09

The Mesilas Yesharim in Chapter 9 brings the Midrash which asks, how does a person reach Simcha shel Mitzvah? The Midrash answers that when a person is davening or doing a mitzvah, he should develop an understanding of how great the God is that he is serving. This type of serving God will bring a person to great perfection. The Mesilas Yesharim continues by bringing the passuk in Shir Hashirim, which says that God brought us into his inner chamber. He explains that this passuk means to say that the more you foster this recognition of "how great the God that you are serving is", the more Simcha you will have.

He also says that this is the simchah amitis.....the recognition and appreciation that we can serve our Creator...that is true wholesome simchah.

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Re: Working on Simcha

Posted by cordnoy - 10 Jan 2016 02:47

[cordnoy wrote:](#)

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but i guess we gotta figure out how to get to that point, for it can be difficult due to our daily struggles.

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Re: Working on Simcha

Posted by unanumun - 10 Jan 2016 18:07

A trick I came upon in the last few days, is to write down your "limiting beliefs" and then turn them into a "liberating truth"

For example, I wrote down "I can't manage to keep focused during the day"

It is that belief in my mind that actually prevents me from trying.

So I had to think hard how I can convince myself that it isn't true. It took a while but eventually I came up with..

"When I am not dealing with stress, I DO have the ability to stay focused"

The exercise allowed me to realize that I do have the ability to stay focused through the

difficulty of my daily struggles, it is just that sometimes I have external factors that don't allow it.

It was an empowering realization, that I actually do have the ability, and sure enough I have been managing to stay a bit more focused through the day. Still not 100 % but a big improvement.

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