

It's all me

Posted by Beitzah3 - 10 Aug 2022 02:25

Hi all, working on myself here, just wanted to share what works for me. I've heard the idea going around of "no matter what happens, it's not **you**" and stuff like that. It's true that the neshama of each and every one of us retains a level of purity. But, even though this idea shouldn't be a justification for actions, I found that I found myself rationalizing "ah so it's not me, so if it's too strong then what can I do?"

I realized - it is me. I am struggling, and these are **my** actions. Once I decided to take **full** responsibility for my actions, it became much easier to resist, because I wasn't resisting anymore in the classical sense. resisting = there's this really strong opposing force, and I won't let it make me do x. But I realized, it can't "make me" do anything, it's really all my decision one way or the other, and succumbing to it is **entirely my choice** Putting that extra level of responsibility on myself actually gave me more strength. Just though I'd share.

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Re: It's all me

Posted by Mkhhelp613 - 07 Oct 2022 21:02

100%. thanks for that

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Re: It's all me

Posted by Mkhhelp613 - 07 Oct 2022 21:10

As a follow up tho - we believe that there is a very powerful yetzer hara, and a very powerful yetzer ha tov. that cannot be denied, and the seforim are chock full of this and the idea that we have to beg Hashem for help.

HOWEVER, I agree w/ what you are saying as far as that the buck stops with you. I think your post helps to clarify that it is of ultimate importance to separate YOURSELF from the powerful urge - to disassociate from the urge, and act from your own choice.

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