

Trying to change the middah

Posted by Chooseurname - 08 May 2023 21:38

But recently I've been trying something new and I feel like I've been making some progress. Basically I was learning Shemonah Perakim of the Rambam, and it hit me that his advice might be very effective for this issue. Basically, he says to go to the opposite extreme of the middah you are struggling with in order to correct it. I think my p & m issues primarily come from a desire for pleasure, so I've been avoiding normal pleasures. I tried not to go too nuts, but I went on a healthy diet and am taking colder(er) showers. I think it's working alot better than I thought it would.

Anyone has any experience or insights in this?

I actually went ahead and wrote a brief summary on shemonah perakim focused in on shemiras einayim. I'd love to hear what you guys think of it.

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Re: Trying to change the middah

Posted by noshimnosher - 09 May 2023 00:30

seems a lil nuts

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Re: Trying to change the middah

Posted by frank.lee - 09 May 2023 23:29

I think this is key! The Alei Shur talks about it, also many sefurim. Dubno Magid I think.

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Re: Trying to change the middah

Posted by Chooseurname - 10 May 2023 19:59

Definitely can be taken to some weird extremes. But if you read the pdf I think there are some very basic and helpful principles that come out.

Also, I would hesitate to call a sefer of the Rambam "nuts."

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Re: Trying to change the middah

Posted by Grant400 - 10 May 2023 20:44

[Chooseurname wrote on 08 May 2023 21:38:](#)

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I like the concept. In moderation and done properly.

Been awhile since I posted anything here. Mostly because it's just been the same struggle. What you are doing is training your mind that it's ok to crave or desire a pleasure yet not

indulge.

I am familiar with this concept in regard to anxiety and the like. When a person needs everything to be 100% perfect all the time it can lead to issues. By training ourselves to accept a feeling of uncomfortability, even with benign ones, without a response (like not wearing your yarmulka exactly how it's comfortable etc.) it can help to build up the ability not to respond to even greater uncomfortable feelings.

Another way it can be helping, is by keeping the battle constantly on your mind. Doing something to help, even indirectly, keeps you vigilant and may help prevent situations where had you been complacent would have fallen.

Keep shteiging!

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Re: Trying to change the middah
Posted by Markz - 10 May 2023 20:50

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Re: Trying to change the middah
Posted by Markz - 10 May 2023 20:53

[Chooseusername wrote on 10 May 2023 19:59:](#)

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The chat over here is about cold showers, so let's all chill together