

Shteeble's collection of inspiration
Posted by Shteeble - 26 Sep 2010 14:07

#1

Welcome to my collection of inspiration.

The following is my own personal collection of THINGS. (posts, chizuk emails, tidbits, thoughts etc.)

This collection contains the things I want to remember and review on a regular basis.

Remember, this is a COLLECTION, and I do not take credit for the ideas expressed here. I think that most of what I will post will not be my own ideas.

Posting them here will also allow anyone who likes to to read and possibly benefit from them.

Any comments please feel free to pm.

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Re: world's collection of inspiration
Posted by Shteeble - 08 Nov 2010 11:21

#17

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Re: world's collection of inspiration
Posted by Shteeble - 08 Nov 2010 11:28

#18

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Re: world's collection of inspiration
Posted by Shteeble - 03 Jan 2011 16:27

#19

[ZemiroShabbos wrote on 03 Jan 2011 16:06:](#)

Stress and discontent (among other things) are what drive us to seek out our preferred drug, be it porn or masturbation or whatnot. when those little voices go off in my head saying, "oh, poor me, i did/did not get this or the other thing and i really need it, the wife/boss/friend made a funny-face at me/insulted me, i have too little money/time/kids/cars/houses/ears whatever... why not go for some relaxation and get some much deserved pleasure..."

that is the voice of addiction, the voice of the yetzer hara, whatever you prefer to call it.

trying to sell me a medication that guarantees that i will never finish the prescription, with life-long refills.

lusting will not make me happy, relaxed or feel accomplished. it will destroy my spark of life and turn me into a shell. a spent shell. it will destroy my connection to Hashem, my wife, my kids, my

so if i feel stressed, i at least am aware of the fact and know that i need to keep safe and not vent by taking poison. some may prefer kickboxing. some may prefer jogging, origami, or making some new cholint recipe.

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Re: world's collection of inspiration
Posted by Shteeble - 19 May 2011 03:23

#20

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Re: world's collection of inspiration
Posted by Shteeble - 20 May 2011 21:53

#21

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Re: world's collection of inspiration
Posted by geshertzarmeod - 30 May 2011 22:08

shteeble, forgive me for intruding on your personal thread, but you are amazing!

I've been trying to find for myself the proper way to use this forum. I felt that the constant posting is too much and for me pointless. But living without it has become too dangerous. As you said so perfectly

[Shteeble wrote on 20 May 2011 21:53:](#)

So let's sign up today and make sure to read each day's Chizuk e-mail. The Yetzer Hara will do his best to get us to ignore the e-mails after a while, but if we are determined to break free - we must make sure to read and internalize their messages every day. Like drops of water on Rabbi Akiva's rock, a little Chizuk every day can make a very strong impression over time.

handbook tool #4

we have the tools: emails, handbooks, etc...

yet the YH tells us you dont need that, and we end up ignoring the e mails and stop reading the handbooks thinking that weve seen it all already.

We need constant reminders of what we already know!

I am indebted to you for opening my eyes.

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Re: world's collection of inspiration
Posted by Shteeble - 14 Jun 2011 03:59

#22

"And even if we may have had some freedom of choice at the time we fell,

it could be that we had very little.

The aveiros we did are only judged according to the circumstances and the level of free will that we had at the time.

Only Hashem knows if we could have done better or not.

But when we talk about the present moment,
we can never know how much free will we have,
and we must always try our very best."

(Attitude Handbook Attitude #6)

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Re: Shteeble's collection of inspiration
Posted by Shteeble - 17 Jun 2011 04:33

#23

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Re: Shteeble's collection of inspiration
Posted by Shteeble - 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.

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.

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: Shteeble's collection of inspiration
Posted by Shteeble - 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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Re: Shteeble's collection of inspiration
Posted by Shteeble - 26 Sep 2011 02:42

#26

[committed togrowth wrote on 22 Mar 2022 00:45:](#)

90 days!

This battle gets easier, not harder over time. Early on I used to equate this struggle to resistance training (i.e. strength training in the gym). When you're working out, the more reps you do, the more tired out you get. You know eventually you'll have to give in.

For a time I thought this struggle was the same way, and the more days you "resist" for, the more the pressure and urges will pile on. This isn't the case.

As long as we aren't actively inciting our taiva with thoughts and peeks, this struggle will become easier with time as your brain becomes accustomed to not acting out in response to stress-related or emotional cues.

Manage your expectations on what "getting free" means. We aren't aiming for a point where we never again have taivas for these things.

Sometimes it will be hard. This is especially true in the first few weeks, but even subsequently, sometimes you can go through phases of very strong taiva.

Even today on day 90 for instance I went through a "lust attack." Resurgences might be because you are stress, tired, depressed, anxious, hungry, the list goes on.

I used to think that "getting free" meant not having a yetzer hara. BH I still have a yetzer hara for these things as it means I am normal.

7) Listen to shuirim on these issues and keep learning. They keep you engaged and motivated.

My top two recommendations are Rabbi Shafier's The Fight and Rabbi Moshe Weinberger's Chaburas Yosef HaTzaddik.

Rabbi Weinberger's series is really amazing. It's all about shmiras habris, but only a few episodes touch on it directly. Mostly it is a deep dive into the middah of yesod, and how to become a solid and grounded eved Hashem. It has helped me through many dark periods.

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Re: Shteeble's collection of inspiration
Posted by Shteeble - 26 Sep 2011 12:22

#27

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Re: Shteeble's collection of inspiration
Posted by Shteeble - 26 Sep 2011 12:23

#28

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Re: Shteeble's collection of inspiration
Posted by Shteeble - 27 Sep 2011 01:02

#29

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