

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: Shteeble's collection of inspiration

Posted by Shteeble - 19 Jul 2023 14:02

#89

[chaimoigen wrote on 19 Jul 2023 13:55:](#)

Last night I visited a new Beis Medrash for a few minutes to meet with a friend. On the way out, about to get into my car, I looked across the parking lot and froze. Found myself standing, for the first time in years, directly across from a small parking lot behind a public building.

I was flooded with a sense of sadness as the images rushed over me.

I saw the moon peeking out, through tattered clouds, over a darkened, quiet town, at 3 AM. Saw a conflicted, confused Yungerman, sitting in the backseat of his own car, parked among the shadows, trying to connect to public Wifi, a wan blankness on face. He paused for a moment to think on just going home, about his learning, and then chose to go into just-not-thinking. A mix of self-loathing and desire making a bitter, metallic, taste in his mouth....

Standing next to a brand new Beis Medrash, looking across the bridge of many years and tears - I felt so bad for him. I have so much Rachmanus on him. I don't really understand him so well anymore. I have so many things I want to tell him, so much I want to say. [I also want to do whatever I can to help others like him, too]. I want to free him from that self-loathing and pain.. But I felt so sad....

I left, called a friend, and went on and I spent the rest of the evening engaged in productivity and learning.

Disquiet persists.

I am happy that that yungerman is doing so much better. I am glad he has found healing. Sad for what was lost. Proud of what has been gained. This I also know: There, but for the grace of Hashem and His undeserved Rachamim and Chessed go I.

Gotta go make today count now.

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Re: Shteeble's collection of inspiration
Posted by Shteeble - 30 Jul 2023 13:10

#88

[chaimoigen wrote on 30 Jul 2023 03:37:](#)

CBT can be an incredible tool.

On a simple and practical level: Write a short paragraph listing your motivations, goals, and courses of action to meet your commitments. Put it in your wallet (or Siddur!) and review it a few times a day (helps to read out loud, too). This can be extremely helpful.

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Re: Shteeble's collection of inspiration
Posted by moishe347 - 08 Jan 2024 04:38

where can i see the handbook

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