

Daily Quote - Be Inspired

Posted by stillgoing - 03 May 2016 03:15

I did the best at the yeshiva that everyone told me i would fail in.

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Re: Daily Quote - Be Inspired

Posted by doingtshuva - 12 Aug 2016 08:29

Will it be the same for Addiction to appreciate freedom?

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Re: Daily Quote - Be Inspired

Posted by thanks613 - 23 Aug 2016 15:32

A taste of Freedom may also help to appreciate the pits of addiction.

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Re: Daily Quote - Be Inspired

Posted by stillgoing - 06 Sep 2016 13:16

"Come look, my grandchildren," Grandpa called.

"Come see this boat that I built."

We all crowed around the tall gleaming vessel, it's sparkling white walls reflecting the waves of the sea as if saying "let's get moving already" The ship's name 'safety' was proudly displayed on one side.

"This ship is called safety" Grandpa said "because I did everything that I could to ensure it's utmost safety. I took all possible precautions to insure that it will never sink. Now listen carefully

my children. There is only one more thing that I could have done which would have guaranteed the safety of the boat, and that is to keep it at the dock. To never take it out to sea. Then I'll know that it's really safe, but.. that's not what boats were made for, is it."

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Re: Daily Quote - Be Inspired

Posted by thanks613 - 07 Sep 2016 21:31

All food tastes better when you're hungry.

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Re: Daily Quote - Be Inspired

Posted by stillgoing - 08 Sep 2016 19:22

[thanks613 wrote on 07 Sep 2016 21:31:](#)

All food tastes better when you're hungry.

Deep stuff. Thanks.

When we are lusting, all sights and thoughts are tempting, as opposed to when we are not fighting we can walk by lots of things without a second glance and be fine.

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Re: Daily Quote - Be Inspired

Posted by stillgoing - 08 Sep 2016 21:03

The following is longer than the usual daily quote, but it's so good, that I'm going to risk posting it.

The addiction is often a sign that we are missing some of the most basic principles of what it means to be a human being, created in the image of Hashem. Even animals don't abuse their

desires and fall into addictions. In these areas, we have fallen even lower than animals.

Although it may be hard to admit this, 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.

In order to really begin to heal **at the source**, we must learn the most basic moral principles again from scratch. Fundamentals such as rigorous honesty in all our affairs, an honest personal accounting, complete trust in Hashem, true humility, and a sincere willingness to make amends with those we have harmed, and to surrender our will to Hashem. These principles are so basic, that even the non-Jewish drunks of AA are able to relate to them, and by working through a program of these principles (The 12-Steps) they often succeed in turning their entire lives around and becoming "Men of G-d." Besides for step 1, the 12-Steps don't even mention the addiction (drinking, acting out or whatever the addiction may be). The steps are all about learning how **to think right** and **to live right**.

Rabbi Twerski once wrote as follows about someone who was convinced he could never give up these behaviors:

His conviction that he cannot overcome the addiction is the addiction talking to him, saying, "Give up the fight, it's useless. You'll never succeed, so why put yourself through the misery." Other than just try to stop, what has this young man done to make essential changes in his character? That's where one should begin.

I attended an AA meeting where the speaker was celebrating his 20th year of sobriety. He began by saying, "The man I once was, drank. And the man I once was, will drink again" (but the man I am today, will not). Alcoholics who have not had a drink for many years but have not overhauled their character are "dry drunks" and will often drink again. The same is true for this addiction.

How does one become a different person? By working diligently on improving one's character traits. Learning how to manage anger, to rid oneself of resentments, to overcome hate, to be humble, to be considerate of others, to be absolutely honest in all one's affairs, to admit being wrong, to overcome envy, to be diligent and overcome procrastination. In short, one should take the Orchos Tzaddikim (I'm sure it's available in English), and go down the list of character traits, strengthening the good one's and trying to eliminate the bad ones. This does not happen quickly. 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.

Warning: Spoiler!

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Re: Daily Quote - Be Inspired
Posted by doingtshuva - 12 Sep 2016 09:54

The man I once was but the man I am today.....

Thanks

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Re: Daily Quote - Be Inspired
Posted by Markz - 14 Sep 2016 01:23

let my people go

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Re: Daily Quote - Be Inspired
Posted by stillgoing - 14 Sep 2016 16:00

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Re: Daily Quote - Be Inspired
Posted by stillgoing - 18 Sep 2016 14:21

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Re: Daily Quote - Be Inspired
Posted by cordnoy - 22 Sep 2016 17:09

Life's BAD WORD REMOVED impacts us in a manner far beyond its glory moments.

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Re: Daily Quote - Be Inspired
Posted by stillgoing - 22 Sep 2016 19:16

[stillgoing wrote on 27 Jun 2016 18:28:](#)

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Re: Daily Quote - Be Inspired
Posted by cordnoy - 22 Sep 2016 20:09

[stillgoing wrote on 22 Sep 2016 19:16:](#)

[stillgoing wrote on 27 Jun 2016 18:28:](#)

Who's the wise guy who wrote that?

I woke up this morning and it was an ordinary day, then a few hours later, all Hell broke loose. Now, there is a response to that, but I didn't work hard today to become miserable; it just happened.

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Re: Daily Quote - Be Inspired

Posted by Watson - 22 Sep 2016 20:59

[cordnoy wrote on 22 Sep 2016 17:09:](#)

Life's BAD WORD REMOVED impacts us in a manner far beyond its glory moments.

I don't understand. "Life's hope impacts us in a manner far beyond its glory moments?"

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