

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

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Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

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Re: Home of Gibbor120

Posted by JackAbbey - 05 Oct 2011 23:48

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oh! maybe a chocachino?

or maybe like the italians

i was in italy in milano at an exhibition fair, i saw those italians sipping espresso from a tiny china cup while smoking a cigar

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Re: Home of Gibbor120

Posted by alexeliezer - 06 Oct 2011 15:26

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In honor of your new status!

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Re: Home of Gibbor120

Posted by gibbor120 - 06 Oct 2011 16:40

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Thanks AE, I see you are right on my tail to hero status.

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Re: Home of Gibbor120

Posted by obormottel - 06 Oct 2011 16:52

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Congrats, o Hero! G'mar chasimo toivo!

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Re: Home of Gibbor120

Posted by gibbor120 - 06 Oct 2011 16:57

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g'mar chasima tova to you too. You aren't that far behind AE. You'll be a hero in no time. I wonder why people with over 1 or 2 thousand posts are not SUPER HEROS???

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Re: Home of Gibbor120

Posted by alexeliezer - 06 Oct 2011 18:51

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[gibbor120 wrote on 06 Oct 2011 16:57:](#)

I wonder why people with over 1 or 2 thousand posts are not SUPER HEROS???

They are

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Re: Home of Gibbor120

Posted by ZemirosShabbos - 06 Oct 2011 20:08

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Re: Home of Gibbor120

Posted by gibbor120 - 06 Oct 2011 20:08

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Re: Home of Gibbor120

Posted by obormottel - 06 Oct 2011 20:18

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yup!

ehhh, ....Zemmy?

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Re: Home of Gibbor120

Posted by ZemirosShabbos - 06 Oct 2011 20:22

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Re: Home of Gibbor120

Posted by gibbor120 - 06 Oct 2011 21:01

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Taken from Dr Sorotzkin on shidduchim. [drsorotzkin.com/pdf/bashert.pdf](http://drsorotzkin.com/pdf/bashert.pdf)

## **Is It Necessary to Understand the Historical Causes?**

Many people react negatively to the idea of trying to understand the historical causes for emotional difficulties. Some are concerned that this will minimize the person's sense of personal responsibility. It is interesting to note that few people have this concern when it comes to objective factors that can inhibit a person's range of choices at any given moment. For example, if a recent ba'al teshuva became upset with himself for not being as proficient in his religious observance as others who are frum from birth; would anyone object to reassuring him by pointing out that, because of his history, it is understandable that this is more difficult for him than for others? Of course not! If the reasons for a person's difficulties are emotional in nature, however, people become concerned that giving recognition to these reasons will somehow undermine his sense of responsibility.<sup>4</sup>

Others question whether there is any need to spend so much time and emotional energy digging up the past when all they want to do is to solve their current problems. They suggest that, perhaps, they only need to focus on identifying the troublesome

patterns and then try to change them.

This trend of seeking short-term solutions to emotional difficulties is found even among many mental health professionals. In recent years, the trend in the field of psychotherapy has been toward Cognitive-Behavior Therapy (CBT), which focuses only on challenging the faulty beliefs and attitudes underlying many emotional difficulties. As a result, many people believe that it is no longer important to uncover or discuss the original historical causes of these problems. There is much evidence, however, that it is necessary to understand the developmental roots of emotional difficulties in order to achieve durable change even when using CBT.<sup>5</sup>

Only by fully understanding how problems, with all their emotional nuances, developed can a person hope to discover the most effective means to overcoming his problems. This is what I call “fighting smarter, not harder.”

I often relate how I was once trying to nail a board for a succah onto a brick wall.

I knew enough to use a cement nail but no matter how hard I hit the nail it wouldn't penetrate the cement. Finally, a neighbor, who happened to be a carpenter, happened by and observed my plight. Instead of spending the time explaining what I was doing wrong, he just knocked in the few nails I needed with minimal force. I watched him closely and after he left I tried it again, doing exactly what he did. Again it wouldn't penetrate at all. **It was obvious to me that it wasn't a lack of trying hard enough that was causing the problem. I was doing**

**something wrong.** (emphasis mine) If this were an important skill for me to learn, I would have to find an expert to observe me and help me figure out what exactly I was doing wrong. I'd have to try smarter not harder!

**Another important reason for a person to understand the historical reasons for his difficulties is in order to counteract the feelings of inborn defectiveness and self-blaming that often paralyze those who struggle unsuccessfully over a long period of time to overcome a problem**

Precious! He discusses some of what we have been discussing here and here [www.guardyoureyes.org/forum/index.php?topic=4451.msg121333#msg121333](http://www.guardyoureyes.org/forum/index.php?topic=4451.msg121333#msg121333) .

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Re: Home of Gibbor120  
Posted by ur-a-jew - 07 Oct 2011 18:13

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[gibbor120 wrote on 06 Oct 2011 20:08:](#)

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Addicts! (But in a good way)

Gmar chasima tova

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Re: Home of Gibbor120

Posted by gibbor120 - 10 Oct 2011 15:40

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I have been listening and reading a lot of Dr Ben Zion Sorozkin. [drsorotzkin.com/](http://drsorotzkin.com/) , especially his stuff about perfectionism. It is AMAZING. Much of it describes me to a t.

What's more amazing, is that I have been shmoozing a lot about it with my wife. I was always scared to discuss any of my character flaws with her. I needed to have this facade of being ). Since I have been opening up more and telling her how I feel, )

Anyway, it's interesting. Wives are really able to handle a lot if they feel we are being honest with them. If we are not... well you can think about that one. I never would've thought that talking about my low self esteem, perfectionism etc could be a source of closeness to my wife, but that's exactly what I am experiencing right now! WOW!

I have more to say, but this post is long enough for now.

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perfect (or at least pretty close  
Re: Home of Gibbor120

Posted by Zemiroshabbos - 10 Oct 2011 18:26

*she loves and respects me more!* Who would've imagined it? (not me by a longshot

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[gibbor120 wrote on 10 Oct 2011 15:40:](#)

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i can identify. when we are open and honest and show that we are human, vulnerable, and that we have made mistakes and that we are not defined by those mistakes it is a sign that we are really connecting.

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