

hello everybody!

Posted by tehylimzugger - 09 Oct 2011 10:47

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Chevra. It took a neila but i'm here now and here to stay!

I'chaim

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Re: hello everybody!

Posted by dms1234 - 13 Mar 2014 20:01

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That's what I like to hear! Keep on going ! Your doing greeeeaaaaat!

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Re: hello everybody!

Posted by skeptical - 14 Mar 2014 00:00

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You **are** beginning to get the hang of things. A fall doesn't change that. Just get up and keep on going.

The only way possible to serve Hashem is by being happy. Take the disappointment, guilt, and jealousy and throw them away!

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Re: hello everybody!

Posted by Ezra - 14 Mar 2014 07:22

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TZ - Keep rocking. Latest epiphany I've been trying to focus on is that it is normal to make mistakes. Let go of perfection. Which makes it so much easier to grow!

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Re: hello everybody!

Posted by TehillimZugger - 26 Mar 2014 22:32

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Thanks Ezra!

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Re: hello everybody!

Posted by gibbor120 - 26 Mar 2014 23:00

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The dr sorotzkin link in my signature has some good stuff on perfectionism. It helped me a lot.

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Re: hello everybody!

Posted by TehillimZugger - 09 Apr 2014 03:23

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WE NEEEEEED FRENDSHIP

WE NEEEEEEEEED CAMARADARADERIE

WHERE'S THE SHMEICHELS?!

WHERE'S THE FUN?

AH YID DARF ZEIN: FRISH, GEZINT IN MESHIGGIH!

[A JEW NEEDZ TO B FRESH, HEALTHY AND NUTSSSSS!]

NU?!

OILAM!

YALLAH!

YALLAH!

IS ENNYWUN GOING TO EEVIN RESPOND TO ME?

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Re: hello everybody!

Posted by inastruggle - 09 Apr 2014 03:48

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Well, I am git mishigih...

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Re: hello everybody!

Posted by TehillimZugger - 09 Apr 2014 21:40

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Ok, forget the Shmeichels. I'm in terrible shape.

Here I am busy dispensing advice to anyone and everyone while inside I'm nowhere. The fact that I'm living at home with one of the most critical fathers that ever lived doesn't make anything

better. The whole atmosphere is negative and filled with derision.

So, yesterday I spent some hours with Misgaber41, and with other good members of the forum. I spent time on the phone. I spent time on the forum. I spent time writing the "Journey through the Haggada" in the style I write the Journeys Through Tehillim, full of emunah, full of bitachon. I'm an excellent preacher.

That's why when abovementioned Misgaber called me at 12:20 last night he found me sitting at the computer watching music videos [not Lipa Schmeltzer, or even Matisyahu] since before Eleven.

No, I didn't M@strbt which is what constitutes a fall in my case. But why the Gehennom am I living with all this negativity in my head. Why do I have all of these dashed expectations. I mean, why did I have expectations in the first place?!

I feel like there's nothing anyone here can tell me that will help me. I think I know the forum by heart. Al levavecha, I need it betoch levavi.

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Re: hello everybody!

Posted by misgaber41 - 09 Apr 2014 21:46

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Oh my oh!!!! Are you saying all that time we spent yesterday was pointless??!!

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Re: hello everybody!

Posted by cordnoy - 09 Apr 2014 21:58

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[TehillimZugger wrote:](#)

Ok, forget the Shmeichels. I'm in terrible shape.

I feel like there's nothing anyone here can tell me that will help me. I think I know the forum by heart. Al levavecha, I need it betoch levavi.

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b'hatzlachah

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Re: hello everybody!

Posted by ZemirosShabbos - 09 Apr 2014 22:04

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Re: hello everybody!

Posted by Dr.Watson - 09 Apr 2014 22:08

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I can't really help you, but I can repost what's on the acceptance card in front of me:

Acceptance is the answer to all my problems today. when I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. nothing happens in G-d's world by mistake. until I could accept my addiction, I could not stay sober; unless I accept life completely on life's terms I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as what needs to be changed in me and my attitudes.

I hope that helps enough to justify me typing it on a tablet with two fingers.

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Re: hello everybody!

Posted by cordnoy - 09 Apr 2014 22:15

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It was beneficial for me; thanks.

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Re: hello everybody!

Posted by dms1234 - 09 Apr 2014 22:48

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## **TehillimZugger**

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You did all this but did you zug some tehillim??? You gotta practice what you preach!!! Act for you namesake!

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