

Tzvi's Progress

Posted by Tzvi - 08 Nov 2010 15:36

Today is day one for me.

That may not sound great, but the truth is it's much better than day zero. Kedusha was one of the people that gave me advice on what to choose for a taphsic k'noss.

I chose kappettel 119 as the k'noss like he suggested.

I'm not doing shavuois though. I'm stam doing a kaballah bli neder which should be good enough for me.

Unfortunately I'm used to falling a few times a day, and often I will have to suffer with very strong urges that just don't seem to go away.

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Re: Tzvi's Progress

Posted by ZemirosShabbos - 11 Nov 2010 15:30

reb Tzvi, you make us proud!

talk is cheap, you are in the trenches, slogging it out, YOU are the hero here!

keep up your gevaldig work!

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Re: Tzvi's Progress

Posted by Tzvi - 11 Nov 2010 15:32

[jewinpain wrote on 08 Nov 2010 16:58:](#)

if u can find out what's the trigger every day and get a solution for it, this should make things much easier,...

sharing takes off the burden ur shoulder and it gives other people a chance to give u advice which can be a big help at times

We are waiting to see u more often here

terrific.. excellent... You are so right. Knowing that my biggest trigger is anxiety- has helped me a lot. I don't think I ever really realized that before.

It is tremendously helpful to share my burden and get responses from the oilam.

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Re: Tzvi's Progress

Posted by Tzvi - 11 Nov 2010 15:33

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Re: Tzvi's Progress

Posted by Tzvi - 11 Nov 2010 15:36

[Yosef Hatzadik wrote on 08 Nov 2010 17:37:](#)

The way to purify ourselves is to remember the Kohen Godol's avoda on Yom Kippur. He counted, "Achas; achas v'achas; achas v'shtaim". Always keeping in touch with the Achas - the Beginning !!!

...The day ONE!!!!

Very inspiring R' Yosef. Thank you!

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Re: Tzvi's Progress

Posted by Tzvi - 11 Nov 2010 15:47

[ur-a-jew wrote on 08 Nov 2010 17:50:](#)

Tzvi, you may not realize how valuable the post you just wrote is. Your anxiety is the trigger. Knowing what is triggering you will help you take steps to stop.

When you see yourself getting anxious:

- 1) Turn to Hashem (just talk to Him He's right where you are) to help you confront what you are faced with;
- 2) reach out to a partner or friend tell them how you are feeling. Just the ability to get out of

isolation will do wonders. Hatzlocha

gevaldigez eitzos. thank you!

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Re: Tzvi's Progress

Posted by Yosef Hatzadik - 11 Nov 2010 19:44

Tzvi *v'chamid v'ragig...* (Akdamus on Shevuos)

Hashem *craves* **Tzvi!!!**

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Re: Tzvi's Progress

Posted by Tzvi - 12 Nov 2010 14:10

day 5.

erev Shabbos Koidesh.

gevaldig.

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Re: Tzvi's Progress

Posted by ZemiroShabbos - 12 Nov 2010 15:17

[Tzvi wrote on 12 Nov 2010 14:10:](#)

gevaldig.

INDEED!

have a great Shabbos!

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Re: Tzvi's Progress

Posted by Tzvi - 14 Nov 2010 00:06

BEH"Y

day 6.

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Re: Tzvi's Progress

Posted by Kedusha - 14 Nov 2010 01:47

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Re: Tzvi's Progress

Posted by ZemirosShabbos - 14 Nov 2010 03:08

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Re: Tzvi's Progress

Posted by Tzvi - 14 Nov 2010 12:29

This is a scary moment for me.

It is soooooooooo difficult for me now.

the taivah is so great.

I know I wrote this before.

I know that H' has brought me past this before.

Please H' help me pass again today.

I totally surrender. Ich bin nisht kein hero. All I can do is plead.

:'(

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Re: Tzvi's Progress

Posted by frumfiend - 14 Nov 2010 12:39

Thanks for the reminder tzvi

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Re: Tzvi's Progress

Posted by bardichev - 14 Nov 2010 13:13

Hero Shmero

Take on the day!

Breathe in breathe out

Calm

Ahhhhh much better

Go an hour

Than another

Just tell. Yourself not this hour..nothing heroic

B

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