

weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 25 Feb 2011 15:20

Hello everyone!

I have decided to start a journal of my experiences, struggles, and successes with the intention of giving chizuk to everyone, including the "lurkers" (many people who read and take in all the information, but do not post any comment), and in order to receive some chizuk that I know I will need in order to become a Tzadik.

I will update at least once a week on Friday or Motzei Shabbos. I would love it if people can gain from my journal: the making of a Tzadik.

Right now, time is short, but suffice it to say that I started Thursday (yesterday). I picked myself up, after some dumb choices Wednesday night that led to a fall.

I woke up determined to succeed for good. I talked with HaShem and went through the 4 steps of teshuva. As part of kabala for the future, I told HaShem that I would start a journal with the intention of being able to give chizuk and help others struggling to succeed. I then said the tikkun klali (10 Tehillim of Dovid HaMelech), and went into the mikveh.

I feel like late Wed. night, I fell into a big pit of mud, and dirtied my clothes and whole body. Then, on Thursday I picked myself up and cleaned myself off thoroughly, washing my clothes and taking a long shower. I reasserted myself that I don't belong laying in the mud like a dirty pig, but rather I belong standing talking to HaShem and learning His holy Torah with a clean body (goof naki).

I am a holy neshama, who has a goof and a major yetzer hara. I need to stay focused and pass the nisyonos that come...in fact this is why HaShem sends the tests...so that I will **pass** them and assert myself as a holy neshama, and in doing so get closer and closer to HaShem, and develop of stronger personal relationship with Him.

Have a great Shabbos everyone!

All chizuk is welcome. Also, if someone who has succeeded for awhile (several months) could write in and comment from time to time, I would greatly appreciate the help.

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Re: weekly accountability and chizuk (the making of a Tzadik)
Posted by ben durdayah - 06 Apr 2011 17:38

Thanks Zemmy for your warm haskamah, and Yosef for taking my post the right way.

As much as we can, we're behind you all the way!

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Re: weekly accountability and chizuk (the making of a Tzadik)
Posted by ZemirosShabbos - 06 Apr 2011 18:18

[ben durdayah wrote on 06 Apr 2011 17:38:](#)

As much as we can, we're behind you all the way!

100%

keep on shteiging Yosef! you are doing good work

thanks for taking us along on the ride

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 07 Apr 2011 16:54

Good news. I am getting stronger. I learned a full night seder. There were only THREE of us in the whole Beis Medrash, but I didn't let that deter me. I learned really well. I got to bed on time. Small victories should be celebrated too, so that one's mindset is in success mode, which will certainly lead to other successes.

Thanks for being there for me, guys. I will need you on this journey of creating new good habits and leaving in the mud the bad habits of the past.

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by ZemirosShabbos - 07 Apr 2011 18:10

good to hear you are doing good!

as they say: progress, not perfection

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by geshertzarmeod - 08 Apr 2011 04:27

Good job Yosef. Keep up the good work!

and yes the small victories are really HUGE upstairs!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 08 Apr 2011 15:32

Hopefully, with all the support here, and by focusing on my goals, and working each day to get there, I WILL actually get there.

Have a great Shabbos, and let's keep moving forward toward our goals!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Rising Up - 08 Apr 2011 16:20

The Y"H doesn't give up when it comes to all of his sinister tricks. This is great news that you did not give in to the temptation so late at night!!! Have a great Shabbos!!!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 10 Apr 2011 20:24

On Shabbos, I learned at two tough times: Friday night and after Shacharis, and went to bed on time.

Motzei Shabbos, I went to bed not too late...computer shut itself off as I had hoped it would, and I got restful sleep. Very busy day today, helping out my wife and family the WHOLE day...definitely a success!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by geshertzarmeod - 11 Apr 2011 05:59

Im joining your Lchayim!

Youre doing great!

Success breeds success!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 11 Apr 2011 19:15

O.k. I completed day 7! One whole successful week.

I am exhausted but exhilarated.

I'm having Jim Beam black on the rocks. L'chayim!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Zemiroshabbos - 11 Apr 2011 19:17

lechayim tovim uleshalom!

till 120!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by ben durdayah - 11 Apr 2011 19:35

Lechayim Toivim Eeylishoolem!

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Areivim - 12 Apr 2011 20:18

Thanks guys. It's great not to have to drink alone!

Completing day 8. Preparing for Pesach is exhausting and takes the WHOLE day. So I am busy doing mitzvahs and no time for aveiras...which is a good thing...I guess.

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Re: weekly accountability and chizuk (the making of a Tzadik)

Posted by Zemiroshabbos - 12 Apr 2011 20:43

[Yosef Tikun HaYesod wrote on 12 Apr 2011 20:18:](#)

So I am busy doing mitzvahs and no time for aveiras...which is a good thing...I guess.

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