

# The Shabbos Shuva Drasha 5784

with Rabbi Ya'akov Trump

דרשה לשבת שובה תשפ"ד בענין איך נמלטים מהרגלים שליליים  
ק"ק ישראל הצעיר של לארענא סידערהורסט - הרב יעקב צבי טראמפ

## “Sabotage”

Why we keep doing the things which we know are not good for ourselves

**This Shabbos Shuva Drasha is kindly sponsored by Hillary Storch in loving memory of Mazal Levy Abady - Mazal Bat Yedidya Daniel and Frieda ע"ה**

### The Problem

1. 19 Things Even Healthy People Do That Are Actually Bad For You<sup>1</sup> Buzz Feed
  - a. Being on your phone at all times and taking your phone into bed with you.
  - b. Following people on social media that only make you upset and/or angry.
  - c. Holding on to material objects that don't add something positive to your life.
  - d. Ignoring your body and refusing to make doctor appointments.
  - e. Relying on social media and other people to affirm your self-worth.
  - f. And constantly comparing yourself to others.
  - g. Spending all your downtime binge-watching shows.
  - h. Maxing out your credit cards and not saving anything per paycheck.



<sup>1</sup> <https://www.buzzfeed.com/shannonrosenberg/unhealthy-habits-you-should-drop-asap>

- i. Being late for pretty much everything.
- j. Ordering takeout and never grocery shopping or cooking your own food.
- k. Holding on to grudges and living in the past.
- l. Keeping a messy living space.
- m. Thinking of mental health issues as embarrassing or a sign of weakness.
- n. Keeping a billion emails in your inbox at a time, and not routinely cleaning it out.
- o. Only getting in touch with loved ones when you need something from them.
- p. Avoiding confrontation at all costs.
- q. Taking out your anger and frustration on your loved ones just because they're an easy outlet.
- r. Feeling like you need to say yes to everything in order to make people happy
- s. And last but not least, thinking that you need a picture-perfect life and relationship, without any hardships, flaws, or setbacks, in order to be doing things ~right~.

Bein Adam Leatzmo

### Diet

- 2. Chronic Disease Fact Sheet, National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)<sup>2</sup>

### Overweight and Obesity

Eating a healthy diet, along with getting enough physical activity and sleep, can help children grow up healthy and prevent overweight and obesity. In the United States, 20% of young people aged 2 to 19 years and 42% of adults have obesity, which can put them at risk of heart disease, type 2 diabetes, and some cancers.

### Cancer

An unhealthy diet can increase the risk of some cancers. Consuming unhealthy food and beverages, such as sugar-sweetened beverages and highly processed food, can lead to weight gain, obesity and other chronic conditions that put people at higher risk of at least 13 types of cancer, including endometrial (uterine) cancer, breast cancer in postmenopausal women, and colorectal cancer. The risk of colorectal cancer is also associated with eating red and processed meat.

### Sitting

- 3. What are the risks of sitting too much?<sup>3</sup> Edward R. Laskowski, M.D., Mayo Clinic



<sup>2</sup> <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm>

<sup>3</sup> <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>

Any extended sitting — such as at a desk, behind a wheel or in front of a screen — can be harmful.

Researchers analyzed 13 studies of sitting time and activity levels. They found that those who sat for more than eight hours a day with no physical activity had a risk of dying similar to that posed by obesity and smoking. However, unlike some other studies, this analysis of data from more than 1 million people found that 60 to 75 minutes of moderately intense physical activity a day countered the effects of too much sitting. Other studies have found that for people who are most active sitting time contributes little to their risk of death.



## Processed Foods

### 4. Ultra-processed foods: how bad are they for your health?, British Heart Foundation<sup>4</sup>

One study, presented at the European Society of Cardiology Congress in August 2023, tracked 10,000 Australian women for 15 years. Those with the highest amounts of ultra-processed food in their diet were 39 per cent more likely to develop high blood pressure than those with the lowest.

Another larger analysis, also presented at the meeting, looked at 10 studies involving more than 325,000 men and women. It showed that those who ate the most ultra-processed food were 24 per cent more likely to experience serious heart and circulatory events including heart attacks, strokes and angina. Each 10 percent rise in daily intake of ultra-processed food was linked with a 6 per cent increase in heart disease risk.

A study from 2019, which followed 19,899 university graduates in Spain, also showed a connection between ultra-processed foods and risk of early death. Participants were split into groups depending on their level of ultra-processed food intake. The group eating the fewest ultra-processed foods ate less than two servings per day, and the group eating the most ate more than four servings per day. People in the highest intake group were 62 per cent more likely to have died after an average of 10.4 years than people in the low consumption group.



## Social Media

### 5. Social Media is a Major Cause of the Mental Illness Epidemic in Teen Girls. Here's the Evidence.

---

<sup>4</sup> <https://www.bhf.org.uk/information-support/heart-matters-magazine/news/behind-the-headlines/ultra-processed-foods>

Journalists should stop saying that the evidence is just correlational<sup>5</sup> JON HAIDT, FEB 2 2, 2023

We are now 11 years into the largest epidemic of teen mental illness on record. As the CDC's recent report showed, most girls are suffering, and nearly a third have seriously considered suicide. Why is this happening, and why did it start so suddenly around 2012?

It's not because of the Global Financial Crisis. Why would that hit younger teen girls hardest? Why would teen mental illness rise throughout the 2010s as the American economy got better and better? Why did a measure of loneliness at school go up around the world only after 2012, as the global economy got better and better? (See Twenge et al. 2021). And why would the epidemic hit Canadian girls just as hard when Canada didn't have much of a crisis?

It's not because of the 9/11 attacks, wars in the middle east, or school shootings. As Emile Durkheim showed long ago, people in Western societies don't kill themselves because of wars or collective threats; they kill themselves when they feel isolated and alone. Also, why would American tragedies cause the epidemic to start at the same time among Canadian and British girls?

There is one giant, obvious, international, and gendered cause: Social media. Instagram was founded in 2010. The iPhone 4 was released then too—the first smartphone with a front-facing camera. In 2012 Facebook bought Instagram, and that's the year that its user base exploded. By 2015, it was becoming normal for 12-year-old girls to spend hours each day taking selfies, editing selfies, and posting them for friends, enemies, and strangers to comment on, while also spending hours each day scrolling through photos of other girls and fabulously wealthy female celebrities with (seemingly) vastly superior bodies and lives. The hours girls spent each day on Instagram were taken from sleep, exercise, and time with friends and family. What did we think would happen to them?

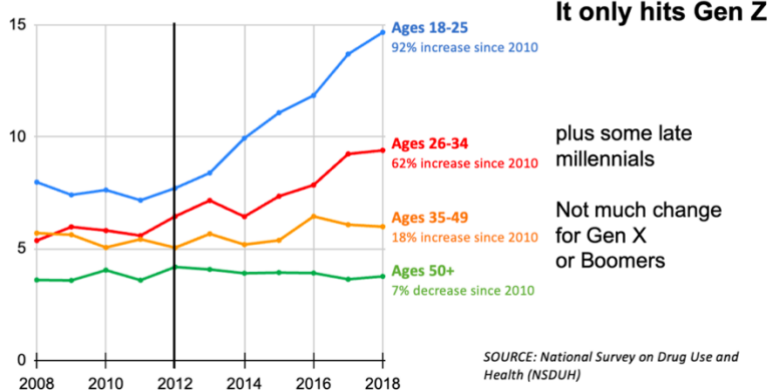
The Collaborative Review doc that Jean Twenge, Zach Rausch and I have put together collects more than a hundred correlational, longitudinal, and experimental studies, on both sides of the question. Taken as a whole, it shows strong and clear evidence of causation, not just correlation. There are surely other contributing causes, but the Collaborative Review doc points strongly to this conclusion: Social Media is a Major Cause of the Mental Illness Epidemic in Teen Girls.



---

<sup>5</sup> <https://jonathanhaidt.substack.com/p/social-media-mental-illness-epidemic>

% U.S. Anxiety Prevalence



Main Question

Why do we keep doing destructive things to ourselves?

Model 1: The Goat of Yehuda

Strange Parallel



6. Vayikra 16:22

וְנִשְׁלַח הַשְּׂעִיר עָלָיו אֶת־כָּל־עֲוֹנוֹתֵם אֶל־אֶרֶץ גְּזֵרָה וְשִׁלַּח אֶת־הַשְּׂעִיר בַּמִּדְבָּר:  
Thus the goat shall carry on it all their iniquities to an inaccessible region; and the goat shall be set free in the wilderness.

7. Bereishis 38:20-21

וַיִּשְׁלַח יְהוּדָה אֶת־יָגֵד הָעֲזִים בְּיַד רֵעֵהוּ הָעַדְלָמִי לְקַחַת הָעֵרְבֹון מִיַּד הָאִשָּׁה וְלֹא מָצָאָהּ:  
Judah sent the kid by his friend the Adullamite, to redeem the pledge from the woman; but he could not find her.

וישאל את אנשי מקמה לאמר אינה הקדושה הוא בעינינו על ההדרך ניאמר לו לא היתה בזה קדושה:  
He inquired of the council of that locale, "Where is the prostitute, the one at Enaim, by the road?" But they said, "There has been no prostitute here."

8. Rama Mipanu, Maamar Eim Kol Chai, Siman 5

הנפילים והוא טעם דחיית השעיר לצוק <sup>ט</sup> על ידי **איש עתם** הוא חירה רעהו של משלח סוד הרע שהוא אוהב ורוע ותכלית המשלח הזה לקחת <sup>ט</sup> הוא בעצמו הערבון מיד האשה כטעם אתערותא מתתא ולא מצאה **איש עתם** <sup>ט</sup> להלן שכן אנשי מקום המדברה אמרו <sup>ט</sup> לא היתה בזה הזמנה אלא בפתח שכל עינים אליו צופות כראוי. <sup>ט</sup> ויאמר יהודה אתה תקח

## Food Consumption

9. Mesilas Yesharim, chapter 15

אבל כשיתברר אל האדם היות הטוב ההוא כוזב לגמרי מדומה ובלי שום התמדה נכונה, והרע בו אמיתי או קרוב להולד ממנו באמת, ודאי שימאס בו ולא ירצהו כלל, על כן זהו כל הלימוד שצריך שילמד האדם את שכלו להכיר בחולשת התענוגים האלה ושקדם עד שמאליו ימאס בהם ולא יקשה בעיניו לשלחם מאתו.

But when it becomes clear to a person that this good is completely false, imaginary and ephemeral, while its evil is truly real or truly near to result from, certainly he will become repulsed by it and not desire it in the least. Therefore, this is all of what a person needs to teach his intellect - to recognize the weakness (insignificance) of these pleasures and their falsehood, until on his own, he will be disgusted by them and have no difficulty casting them away.

הנה תענוג המאכל הוא היותר מוחש ומורגש, היש דבר אבד ונפסד יותר ממנו? שהרי אין שיעורו אלא כשיעור בית הבליעה, כיון שיצא ממנה וירד בבני המעים אבד זכרו ונשכח כאילו לא היה, וכך יהיה שבע אם אכל ברבורים אבוסים כמו אם אכל לחם קיבר אם אכל ממנו כדי שביעה, כל שכן אם ישם אל לבו החלאים הרבים שיכולים לבוא עליו מחמת אכילתו, ולפחות הכובד שמגיעהו אחר האכילה והעשנים המהבילים את שכלו. הנה על כל אלה ודאי שלא יחפוץ אדם בדבר הזה, כיון שטובתו אינה טובה ורעתו רעה.

The pleasure in [eating] food is the most tangible and most felt. Yet, is there anything more swiftly gone and passing than this? For its duration is as the measure of passing a person's throat. After the food passes this point and descends to the intestines, all remembrance of it disappears and is forgotten as if it had never existed. Thus he will be just as satiated if he ate fattened swans than if he had eaten coarse bread in sufficient quantity. All the more so, if he considers the many illnesses brought on through eating, and at least, the heaviness which one feels after a meal and the vapors which darken his intellect. When reflecting on all these things, certainly a person will not desire in this pleasure, since its good is not truly good while its evil is truly evil.

## Model 2: Not Being Awake



### The Unusual Bracha

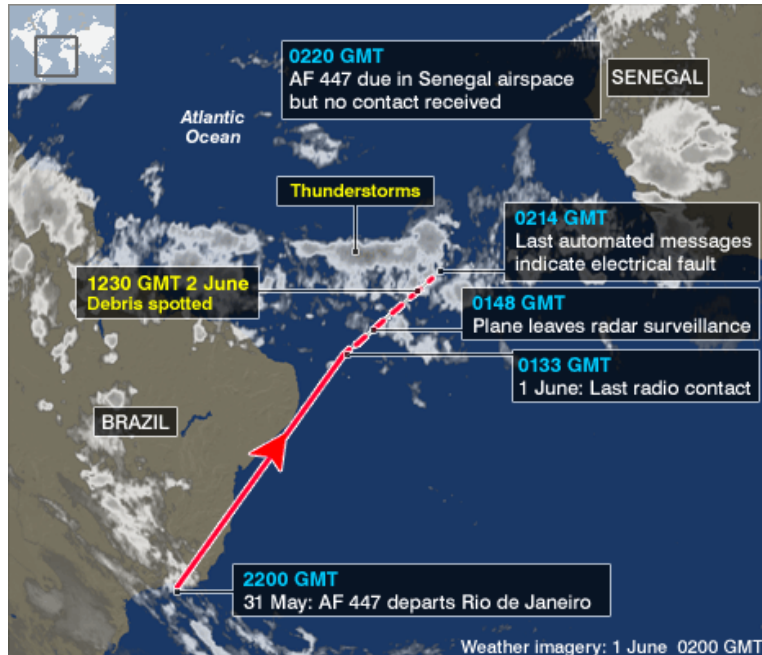
10. TB, Brachos 58b

אמר רבי יהושע בן לוי: הרואה את חברו לאחר שלשים יום, אומר: "ברוך ... שְׁהַחְיֵינוּ וְקִיַּמְנוּ וְהַגִּיעַנוּ לְזֶמַן הַזֶּה". לאחר שנים עשר חדש, אומר: "ברוך ... מְסִיחַ הַמֵּתִים".

**Rabbi Yehoshua ben Levi said: One who sees his friend after thirty days** have passed since last seeing him **recites: Blessed...Who has given us life, sustained us and brought us to this time.** One who sees his friend **after twelve months recites: Blessed...Who revives the dead.**

### Air France Flight 447





## Life is not for granted

### 11. Maharsha, Brachos 58b

לאחר שנים עשר חדש כו'. לפי שבכל שנה האדם נידון בראש השנה ויום הכפורים אם למות אם להיות חי ואם רואהו אחר ר"ה ויה"כ זה ואחר כך אין רואה אותו עד אחר ר"ה ויה"כ הבא הרי עבר עליו דין אם למות אם לא וע"כ אומר ברוך מחיה מתים שניצול מדין מיתה בר"ה ויוה"כ

### 12. Unetane Tokef

בְּרֵאשׁ הַשָּׁנָה יִפְתְּבוֹן, וּבַיּוֹם צוֹם כְּפוּר יִחְתְּמוּן. כִּמָּה יַעֲבְרוּן, וְכַמָּה יִבְרָאוּן, מִי יִחְיֶה, וּמִי יָמוּת



## Model 3: Missing the Window



### The In-Betweeners

13. TB, Rosh Hashana 16a

אמר רבי כרוספדאי אמר רבי יוחנן: שלשה ספרים נפתחין בראש השנה, אחד של רשעים גמורין, ואחד של צדיקים גמורין, ואחד של בינוניים. צדיקים גמורין — נכתבין ונחתמין לאלתר לחיים, רשעים גמורין — נכתבין ונחתמין לאלתר למיתה, בינוניים — תליין ועומדין מראש השנה ועד יום הכפורים, זכו — נכתבין לחיים, לא זכו — נכתבין למיתה.

§ The Gemara goes back to discuss the Day of Judgment. **Rabbi Kruspedai said that Rabbi Yohanan said: Three books are opened on Rosh HaShana** before the Holy One, Blessed be He: **One of wholly wicked people, and one of wholly righteous people, and one of middling people whose good and bad deeds are equally balanced. Wholly righteous people are immediately written and sealed for life; wholly wicked people are immediately written and sealed for death; and middling people are left with their judgment suspended from Rosh HaShana until Yom Kippur, their fate remaining undecided. If they merit, through the good deeds and mitzvot that they perform during this period, they are written for life; if they do not so merit, they are written for death.**

14. Mishna Torah, Hilchos Teshuva 3:3

וכשם ששוקלין זכיות אדם ועונותיו בשעת מיתתו כך בכל שנה ושנה שוקלין עונות כל אדם ואדם מביאי העולם עם זכיותיו, ביום טוב של ראש השנה. מי שנמצא צדיק נחתם לחיים. ומי שנמצא רשע נחתם למיתה. והבינוני תולין אותו עד יום הכפורים אם עשה תשובה נחתם לחיים ואם לאו נחתם למיתה:

### David and Naval

15. I Shmuel 25:36-38

ותבא אביגיל אל-נבל והנה-לו משתה בביתו כמשתה המלך ולב נבל טוב עליו והוא שפר עד-מאד ולא-הגידה לו דבר קטן וגדול עד-אור הבקר:

When Abigail came home to Nabal, he was having a feast in his house, a feast fit for a king; Nabal was in a merry mood and very drunk, so she did not tell him anything at all until daybreak.

ויהי בבקר בצאת הלין מנבל ונמגדלו אשתו את-הדברים האלה ונמת לבו בקרבו והוא הגה לאבן:

The next morning, when Nabal had slept off the wine, his wife told him everything that had happened; and his courage died within him, and he became like a stone.

ויהי כעשרת הימים ויגף יהוה את-נבל ונמת:

About ten days later the LORD struck Nabal and he died.

16. Radak, ad loc.

וימת לבו. שנשתק ויהי כמת כי נצטער על המנחה שהביאה אשתו לדוד:

17. Rashi, ad loc.

ורבותינו אמרו (ראש השנה יח א): אלו עשרת ימי תשובה, שהמתין לו הקב"ה שיחזור בתשובה.

## The Missed Moment

18. Lechem Mishna, Hilchos Teshuva 3:3

וא"ת כי לא עשה תשובה אמאי נחתם למיתה הא מחצה על מחצה ורב חסד מטה כלפי חסד? כבר תירצו בזה דהיכא דלא עשה תשובה הוי עון אחד נוסף על העונות משום דבאלו עשרה ימים של תשובה הוא חייב לעשות תשובה ואם לא עשה הרי עון אחד נוסף על העונות:

## Where Ever we May Hide





## Our Work

### 1. Immediate versus Long Term

What are things I want to be better at in my life?

1. Bein Adam Lemakom (in my religious life)	
2. Bein Adam Lechaveiro (in my social life)	
3. Bein Adam Leatzmo (in my personal life)	

What do I need to schedule on my calendar, into my life, to make that a reality?

4. Bein Adam Lemakom (in my religious life)	
5. Bein Adam Lechaveiro (in my social life)	
6. Bein Adam Leatzmo (in my personal life)	

### 2. Breaking Autopilot

What was a moment in the last year that I realized my autopilot system is not working for me any more?



What do I need retraining in to make this work?



### 3. Using Windows of Opportunity

What are 3 windows of opportunity for growth in the upcoming year (Yom Tov, anniversary, birthday, family gatherings...)



What am I going to do to mindfully take advantage of those windows?

