

Psychology of Teshuva

Part 2

Taking Action

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STAGES OF CHANGE

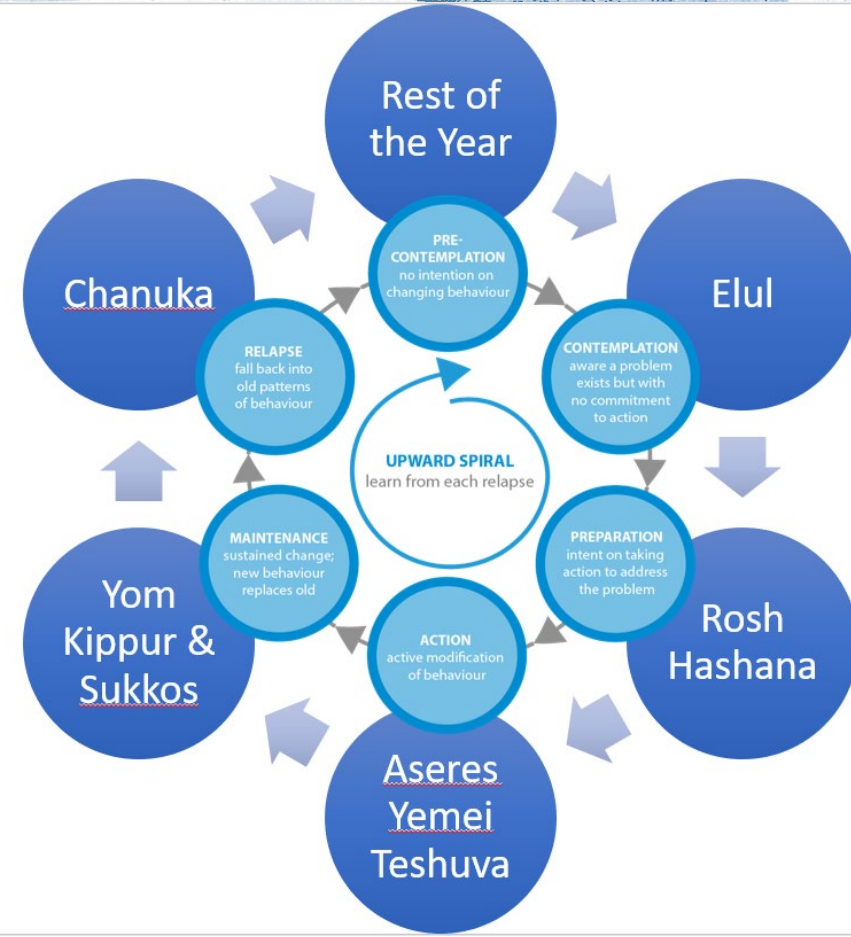
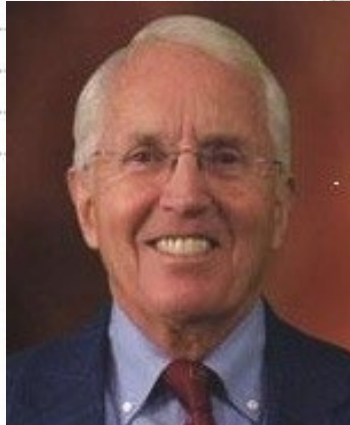
JAMES O. PROCHASKA, PH.D.

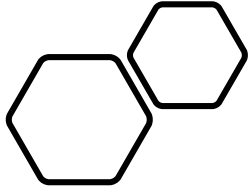
JOHN C. NORCROSS, PH.D.

CARLO C. DICLEMENTE, PH.D.

CHANGING FOR GOOD

A REVOLUTIONARY
SIX-STAGE PROGRAM FOR
OVERCOMING BAD HABITS
AND MOVING YOUR LIFE
POSITIVELY FORWARD





PREPARATION

**AVOID
PREMATURE
ACTION**

**CONTINUE
REEVALUATION**
• DECISIONAL BALANCE
(see next slide)

**FOCUS MORE ON
POSITIVE FUTURE
SELF**
(see Rambam)

**INCREASE
CONFIDENCE &
COMMITMENT**
(PRIORITY & BELIEF)

SMALL STEPS

רשות לקל אדם נתונה. אם רצה להטות
עצמו לדרך טובה ולהיות צדיק הרשות
בידו

**CREATE THE
PLAN
YOURSELF**

GO PUBLIC

שבח גדול לשב שיתודה ברבים... ואומר
להם אמנם חטאתי לפלוגי ועשיתי לו כך
וקר והריני היום שב ומתנחם

**DON'T OVER
RELY ON
WILLPOWER**

Decisional Balance – Weighing the Pros and Cons of Changing (or Not Changing) Behavior

The change I'm thinking of making is:

STEP 1: Consider staying the same	<p>PROS of staying the SAME:</p> <p>How big a deal is it? 1 = not such a big deal 10 =big deal!</p> <ul style="list-style-type: none"> . Less effort _____ . Won't Get Injured _____ . Don't have to change schedule _____ . Won't cause family fights _____ . Might be embarrassed _____ 	<p>CONS of staying the SAME:</p> <p>How big a deal is it? 1 =not such a big deal 10 =big deal!</p> <ul style="list-style-type: none"> . Might get sick _____ . Too overweight _____ . Low self-esteem _____ . Feel lethargic _____ . Stressed out _____
STEP 2: Consider making the change	<p>CONS of making a CHANGE:</p> <p>How big a deal is it? 1 = not such a big deal 10 =big deal!</p> <ul style="list-style-type: none"> . Hassle _____ . Takes too Long _____ . Don't Know How _____ . I could fail _____ . Family Not Supportive _____ 	<p>PROS of making a CHANGE:</p> <p>How big a deal is it? 1 =not such a big deal 10 =big deal!</p> <ul style="list-style-type: none"> . Better Weight _____ . Improve Heart Health _____ . Have More Energy _____ . Get Stronger _____ . Reduce Stress _____
STEP 3: Add	_____	_____

STEP 4:
Compare

Which number is bigger?



If this number is bigger,
the balance is leaning towards
STAYING THE SAME.



If this number is bigger,
the balance is leaning towards
MAKING A CHANGE.

RAMBAM HILCHOS TESHUVA 7:6-7

Great, indeed, is repentance for it brings man nigh to the Shekinah, even as it is said: "Return, O Israel, unto the Lord thy God" (Hosea, 14. 2); and it is further said: "Yet have ye not returned unto Me, saith the Lord" (Amos, 4.6); and it is yet again said: "If thou wilt return, O Israel, saith the Lord, yea, return unto Me" (Jer. 4.1), as if saying: "If thou wilt turn in repentance ye will cleave unto Me". Repentance brings near the far apart. But yesterday this sinner was hateful to the presence of God, scorned, ostracized and abominate, and to-day he is beloved, desirable, companionable and a friend...

גְּדוּלַת תְּשׁוּבָה שֶׁמְקַרְבֶּת אֶת הָאָדָם לְשִׁכְנַת שְׁנֵאָמֵר (הושע יד ב) "שׁוּבָה יִשְׂרָאֵל עַד ה' אֱלֹהֶיךָ". וְנֵאָמֵר (עמוס ד ו) "וְלֹא שָׁבַתְּ עָדֵי נָאִם ה'". וְנֵאָמֵר (ירמיה ד א) "אִם תָּשׁוּב יִשְׂרָאֵל נָאִם ה' אֵלַי תָּשׁוּב". כְּלוּמַר אִם תִּחְזַר בְּתִשׁוּבָה בִּי תִדְבַק. הַתְּשׁוּבָה מְקַרְבֶּת אֶת הַרְחוּקִים. אֲמַשׁ הִיָּה זֶה שְׂנְאוֹי לִפְנֵי הַמָּקוֹם מְשַׁקֵּץ וּמְרַחֵק וְתוֹעֵבָה. וְהַיּוֹם הוּא אֱהוּב וְנִחְמַד קְרוֹב וְיָדִיד....

How superior is the degree of repentance! But yesterday was this sinner separated from the Lord God of Israel, even as it is said: "But your iniquities have separated between you and your God" (Is. 59.2); cries, but received no answer, even as it is said: "Yea, when ye make many prayers, I will not hear" (Ibid. 1.15); does obey commandments, but they are thrown back in his face, even as it is said: "Who hath required this at your hand, to trample My courts"? (Ibid.-12), and, "Oh that there were even among you that would shut the doors, that ye might not kindle fire on Mine altar in vain!" (Mal. 1.10). But to-day he is connected with the Shekinah, even as it is said: "But ye that did cleave unto the Lord your God are alive every one of you this day" (Deut. 4.4); he cries and receives answer momentarily, even as it is said: "And it shall come to pass that before they call, I will answer" (Is. 65.24); he observes commandments, and they are received with pleasure and joy, even as it is said: "For God hath already accepted thy works" (Ecc. 9.7); moreover, his works are pleurably anticipated, even as it is said: "Then shall the offering of Judah and Jerusalem be pleasant unto the Lord, as in the days of old, and as in ancient years" (Mal. 3.4).

כַּמָּה מַעֲלָה מַעֲלַת הַתְּשׁוּבָה. אֲמַשׁ הִיָּה זֶה מִבְּדֵל מֵה' אֱלֹהֵי יִשְׂרָאֵל שְׁנֵאָמֵר (ישעיה נט ב) "עֲוֹנוֹתֵיכֶם הִיּוּ מִבְּדֵלִים בֵּינְכֶם לְבֵין אֱלֹהֵיכֶם". צוּעַק וְאִינוּ נִעֲנָה שְׁנֵאָמֵר (ישעיה א טו) "כִּי תִרְבוּ תִפְלֶה" וְגו'. וְעוֹשֶׂה מִצְוֹת וְטוֹרְפִין אוֹתָן בְּפָנָיו שְׁנֵאָמֵר (ישעיה א יב) "מִי בָקַשׁ זֹאת מִיְדְּכֶם רָמַס חֲצָרִי", (מלאכי א י) "מִי גַם בָּכֶם וְיִסְגַר דְּלֵתִים" וְגו'. וְהַיּוֹם הוּא מְדַבֵּק בְּשִׁכְנַת שְׁנֵאָמֵר (דברים ד ד) "וְאַתֶּם הַדְּבָקִים בַּה' אֱלֹהֵיכֶם". צוּעַק וְנִעֲנָה מִיַּד שְׁנֵאָמֵר (ישעיה סה כד) "וְהִיָּה טָרַם יִקְרָאוּ וְאֲנִי אֶעֱנֶה". וְעוֹשֶׂה מִצְוֹת וּמְקַבְּלִין אוֹתָן בְּנִחְסֵי וְשִׂמְחָה שְׁנֵאָמֵר (קהלת ט ז) "כִּי כָבֵד רָצָה הָאֱלֹהִים אֶת מַעֲשֵׂיךָ". וְלֹא עוֹד אֵלָּא שְׂמֵתָאוּם לָהֶם שְׁנֵאָמֵר (מלאכי ג ד) "וְעִרְבָה לָה' מִנְחַת יְהוּדָה וִירוּשָׁלַם כִּימֵי עוֹלָם וְכִשְׁנֵים קִדְמֵנִיּוֹת":

ACTION

COUNTERING

- ACTIVE DIVERSION
- EXERCISE –
“KEYSTONE HABIT”
- RELAXATION
- COUNTERTHINKING

אם פגע בכ מנוול
זה משכהו לבית המדרש

ENVIRONMENTAL CONTROL

- AVOIDANCE
- CUES
 - WOOP
- REMINDERS
 - TECHNOLOGY

מתרחק הרבה מן
הדבר שחטא

REWARD

- COVERT
 - “GOOD JOB!”
- CONTRACTING
 - STICKK

הטובה הצפונה לצדיקים
היא חיי העולם הבא

SEE YOU NEXT WEEK!!

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MAINTAINING GAINS

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