

ספר כתר ראש (ע"ג)

תרופה לכעס ודברים בטלים ולשון הרע והסתכלות  
עריות ושיחתן, שיקדים תפלה לצרה וקודם לכתו  
בדרך או בבקר השכם יאמר:

רבנו של עולם הנני הולך בגיא צלמות ומקום מסוכן  
הושיעני מיצר הרע ומחטאים מעונות ובפרט מעבירה  
פלוגית כו' וכו',

וירבה בזה מקירות לבבו ויושיעהו ה'

## The Best Advice

Hashem in His kindness and mercy gave us a powerful tool – tefilla  
(prayer) – to help us overcome the Yetzer Hara.

Certain situations we confront are prone to eliciting our anger, loшон  
hara or other negative responses. Other situations may trip us up and we  
find ourselves contemplating doing something against Hashem's will which  
we would never truly want to do. Chief amongst those are situations where  
we feel negated and disregarded. Though we strive to control ourselves,  
we are overcome by the machinations of the Yetzer Hara. We should pray  
immediately!

In his sefer Keser Rosh, the holy Rav Chaim Volozhiner tells us not to  
wait until we are overwhelmed by anger, when it is too late. He writes that  
one should pray before leaving his home, or upon arising in the morning:

"Master of the universe, behold I am walking into  
the valley overshadowed by death, a place of danger.  
Please help me overcome my Yetzer Hara and  
save me from sin– especially the sin of ...."(include  
hate, anger, jealousy, not judging favorably etc.)

One should specify what bothers him; his  
failures, his doubts — everything that is  
written on the walls of his heart.

Since the Yetzer Hara is an angel of  
Hashem, we can't succeed without His help.  
Ask — and He'll help!



ספר כתר ראש (ע"ג)

תרופה לכעס ודברים בטלים ולשון הרע והסתכלות  
עריות ושיחתן, שיקדים תפלה לצרה וקודם לכתו  
בדרך או בבקר השכם יאמר:

רבנו של עולם הנני הולך בגיא צלמות ומקום מסוכן  
הושיעני מיצר הרע ומחטאים מעונות ובפרט מעבירה  
פלוגית כו' וכו',

וירבה בזה מקירות לבבו ויושיעהו ה'

## The Best Advice

Hashem in His kindness and mercy gave us a powerful tool – tefilla  
(prayer) – to help us overcome the Yetzer Hara.

Certain situations we confront are prone to eliciting our anger, loшон  
hara or other negative responses. Other situations may trip us up and we  
find ourselves contemplating doing something against Hashem's will which  
we would never truly want to do. Chief amongst those are situations where  
we feel negated and disregarded. Though we strive to control ourselves,  
we are overcome by the machinations of the Yetzer Hara. We should pray  
immediately!

In his sefer Keser Rosh, the holy Rav Chaim Volozhiner tells us not to  
wait until we are overwhelmed by anger, when it is too late. He writes that  
one should pray before leaving his home, or upon arising in the morning:

"Master of the universe, behold I am walking into  
the valley overshadowed by death, a place of danger.  
Please help me overcome my Yetzer Hara and  
save me from sin– especially the sin of ...."(include  
hate, anger, jealousy, not judging favorably etc.)

One should specify what bothers him; his  
failures, his doubts — everything that is  
written on the walls of his heart.

Since the Yetzer Hara is an angel of  
Hashem, we can't succeed without His help.  
Ask — and He'll help!

