Nitzachon - Pushing through a challenge

Quotes to foster understanding:

*Just as the olive yields oil only when it is pounded so to our greatest potentials are yielded only under the pressure of adversity.* - Talmud

*and/or* “It’s not that I’m so smart, it’s just that I stay with problems longer.” - Albert Einstein

That is never give up – the goal is not in achieving but in trying consistently with your best effort. Don’t give up. Anything worth doing takes work.

Situations in which this middah might be appropriate:

- Ropes/Challenge course
- Any Challenging activity
- A program or activity that is perceived as a deficit

Reinforcing example:

Counselor in response to seeing a camper try their best, working hard, showing marked improvement over time in an activity/skill/or even behavior, says, “Now that Nitzachon – keep pushing! Great work!”

Redirecting example

Camper says, “I hate this, I’m not good at this..”;
Counselor says, “Let’s push that aside and give it a try. Let’s work on Nitzachon, it’s hard but there is no reason not to try it. You might have fun/ get better with practice etc.”

How to use Nitzachon in a sentence:

You can do this! Find your Nitzachon and push through!

Camp gives us a safe place to practice Nitzachon. We can try anything we want in a supportive and non-judgmental environment.

How can you achieve Nitzachon?