

GYE - Guard Your Eyes

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I'm about to FALL!!

Posted by jerusalemsexaddict - 13 Aug 2009 21:26

Allright so as everyone here knows,we on the site often here desperate "call-outs" from people who feel that they are about to fall any minute.Sometimes the emergency units don't have enough time to respond to put out the fire,or are simply unaware of the emergency.

In any case,I am declaring this guardyoueyes's official 911 switchboard.

If there's an emergency of any sort,even a chashash,post here IMMEDIATELY!And well come to your rescue as soon as possible,iy'h.

You can post your emergency here,or give us a link to your thread where you can speak about your emergency.And our volunteers will respond as soon as possible to your calls.

As some people might feel uncomfortable reading women's struggles,I am putting one in the women's section,and whoever feels safe creeping over to the other side of the mechitzah is welcome to go in thereand help.

Wishing everyone the best-Uri

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Re: I'm about to FALL!!

Posted by Noahide - 12 Jul 2010 02:04

I fell, I'm sorry :(

I didn't pray enough, I should have fought harder!

I dont know if I can ever be free of this.

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Re: I'm about to FALL!!

Posted by WeWillWalk - 12 Jul 2010 16:04

I fell too...not a good thing...

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Re: I'm about to FALL!!
Posted by Tev - 12 Jul 2010 17:03

I'm sorry to hear that We Will walk, do you know what caused your fall? Is there a better way which you can prevent it in the future? Talk to yourself, and to G-d.... Good job on posting !

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Re: I'm about to FALL!!
Posted by WeWillWalk - 14 Jul 2010 08:53

And again....this is not good...

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Re: I'm about to FALL!!
Posted by tehor_einayim - 15 Jul 2010 14:48

New job, let the filtering issues begin once again! I thought this was old news. Not any more!
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Re: I'm about to FALL!!
Posted by silentbattle - 15 Jul 2010 21:58

You can be free. Even if you just fell, again and again, you can.

Walk away. Plan ahead. Remember that every minute, every second you're clean, is incredible, and forges a connection with hashem that even the angels cannot fathom (adapted from the

chofetz chaim - he's talking about lashon hora, but it's actually possible that the original line is about our issue).

Every second is important, a victory worth celebrating,

Walk away - it's worth it. Focus on that. Think about how good it feels when you're staying clean.

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Re: I'm about to FALL!!
Posted by tehor_einayim - 16 Jul 2010 16:44

Insead of falling, I am writing this. I am trying to become a more active member of the Guard community. Thank you all for your support.

Day 3 clean is feeling good, but based on my track record it won't last more than about a week. In honor of Tisha B'Av lets make this clean streak last the duration!

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Re: I'm about to FALL!!
Posted by Sturggle - 19 Jul 2010 05:53

Amen!

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Re: I'm about to FALL!!
Posted by tehor_einayim - 19 Jul 2010 17:38

Again, I am about to fall. Instead of falling I will write here. Let me give chizzuk instead of falling. Rabbosai, lets be mechazeik ourselves in this time of the aveilus of the churban beis

hamikdash. One of the reasons for the destruction of the first mikdash was Gilui Arayos, and kol dor that the mikdash is not rebuilt, it is as if the mikdash was destroyed in that dor. It is OUR responsibility to bring back the beis hamikdash and bring the world back to the way it is supposed to be. I saw in a sefer that the most painful time for a mourner is right when the tragedy occurs, while maiso mutal lefonov, because he cant help but think back to what he had, how great times were so recently in the past, and now its all gone. By the seuda hamafsekes we all have a din of an onein, it's mamash maiso mutal lefonov, we are supposed to be in a state of shocked disbelief at was has been lost. The least we can do is to do our part to stay away from arayos to the best of our abilities, which are much greater than we can imagine. Lets hold each others hands, sing a hartzige niggun, learn a geshamke blatt gemara, and help in our own small way to bring the geulah!

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Re: I'm about to FALL!!
Posted by tehor_einayim - 19 Jul 2010 20:07

I fell :(Hashem, please help me, I want to stop, I'm not happy with this garbage, but the nissayon is so strong! Rabbosai, please help me get my act together! I know, I have to work the 12 steps.

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Re: I'm about to FALL!!
Posted by Me3 - 19 Jul 2010 20:34

Sorry you fell.

I think the only thing harder then stopping yourself from falling, is limiting a fall to a singular occurance. So if you want to make amends and show G-d that you sincerely regret your fall, Why don't you do just that?

And we can't help you get your act together, it's hopeless, the nisayon IS too strong. There is nothing you can do. You need to turn to a higher power to get you out of this (See I got you started on the Steps, already).

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Re: I'm about to FALL!!

Posted by G38 - 22 Jul 2010 16:28

I don't know where to post my problem so I will do it here.

I have not posted on this form for ages, and of course I had ups and downs.

One major problem I have is my place of work. There are here some girls, a married and one not, none extremely attractive but enough for the YH to make my life tough.

Some smile or friendly word from them, innocently I am sure, would set me on fire. It is especial hard as my normal protection is off since the birth of my youngest recently.

Any tips?

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Re: I'm about to FALL!!

Posted by Holy Yid - 22 Jul 2010 16:48

I would suggest you start a thread for this so we can leave it clear for brewing storms.

I will suggest that after you are aroused stay calm, don't worry about being excited, that only makes it worse.

Also, I recently saw a thought from Rav Yisroel Elya Weintraub ZTL. Right after we we do a mitzva it is an ?? ???? for tefilla. For this reason we say a ?? ???? after someone is called to the Torah. He has just finished the mitzva of reading the Torah so he can daven and Hashem will listen. This is also why we say ????? after "benchin". we have just fulfilled the mitzva of ????? ????? and we can now daven to Hashem for help in our lives.

If we see a woman who excites us we should remember that if we don't look then we will have

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preformed a mitzva and it will be an ais ratzon to do daven, and it is more likely we will get what we want. So we should tell ourselves that if we don't look then we will have a specail merit and we will be able to ask Hashem for something we need. Don't look and then daven a short prayer in English. I have tried this and found it to be very helpfull.

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Re: I'm about to FALL!!
Posted by bardichev - 27 Jul 2010 05:35

Holy that was very nice

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