

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 bardichev - 05 Sep 2010 22:55

I can think of 2 things

Numero Alef

There is that niggling feeling

It just bubbles under the surface

Numero bays

Slichos rosh hashana etc

We are over tired

It ads to the niggling feeling

Just keep on trucking

Bardichev

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Re: I'm about to FALL!!

Posted by Dov - 06 Sep 2010 00:43

Same here. Ich bin meeeeeeeeeedddddd.

LshT SvS L'altar L'chayim!!!!

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Re: I'm about to FALL!!

Posted by Rabek - 17 Sep 2010 16:11

Who do I contact if I have an emergency? I don't want to bother anyone in the middle of the night but that is when I'm most often under attack.

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Re: I'm about to FALL!!

Posted by Levi - 17 Sep 2010 16:31

Shalom Rabek

It is so great that you are reaching out to prevent falls, that is one of the most difficult but productive steps.

While I may not be available during the night, you can send me a private message via this forum and I will get an email response.

I am also relatively new, so there are plenty who know more than me, but first stop may be one of the available hotlines (look at the main gye site listing).

Also a good bet is to hook up, if you havent already, with one of the group calls and their member rosters.

Depending on your time zone, you can probably find someone around the world who is up at that time and become friends via email / IM /phone.

From my brief but great experiences here, reaching out to someone at the moment you are tempted to fall is SO IMPORTANT, because it gives you the strength to confront the real emotions that you are trying to run away from by acting out. And, like scary monsters in the closet when you were a kid, when you look at those feelings directly, often they dissipate and get much smaller. But we are scared to do it alone.

A Gmar Chasimsa Tovah

Levi

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Re: I'm about to FALL!!

Posted by bardichev - 20 Sep 2010 06:14

I'm here

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Re: I'm about to FALL!!

Posted by MosheF - 20 Sep 2010 13:44

I was at a simcha where a family member of the baal simcha once flirted with me, in truth she never really flirted but in my mind I took it as a flirt and I fantasize about her every time I see her or remember it. Today, my fantasies are rolling, I can't get it out of my head, If I continue this way, I am going to act out today, unless I can get rid of it. I'm going to work, so hopefully I can put my head some other place.

Obsessive sexual thoughts are impossible to get rid of especially when I see something triggering.

Posting this is hard, ouch :-X Just reading it makes me realize what a sicko I am.

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Re: I'm about to FALL!!

Posted by ovadia - 20 Sep 2010 14:18

[MosheF wrote on 20 Sep 2010 13:44:](#)

Posting this is hard, ouch **True** Just reading it makes me realize ~~what a sicko~~ how normal I am.

Dear Moshe,

As I write this, this incident has probably passed. But I still wanted you to see the correction I made.

I don't know of anything that has helped me once the feeling happens, except to know that eventually it will pass.

Keep on Trucking! (Bardichev)

Hatzlocho

Ovadia

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Re: I'm about to FALL!!

Posted by morshax - 20 Sep 2010 14:21

You're not a sicko - stop that. You're a completely normal warm-blooded male, specially designed by HKB"H. Resolve that today you won't take a slip. Forget about tomorrow, next week, the next family get-together... Today you won't slip - you can do that - especially since HKB"H is helping you and rooting for you.

Keep up the great work - being aware is half the battle!

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Re: I'm about to FALL!!

Posted by bardichev - 20 Sep 2010 14:24

pain is weakness leaving the body

(us marines)

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Re: I'm about to FALL!!

Posted by Kedusha - 20 Sep 2010 15:03

One would think that the y"ch would give us a pass between Yom Kippur and Succos, but that's not the way it is.

Slips make it much harder not to fall, so the first step is to work on avoiding slips. Even without slipping, we're all vulnerable to feeling weak sometimes. At such times, even those of us who are not very good about working the 12 steps would be wise to concentrate on steps 1-3 (admitting powerlessness over lust and recognizing that only the Ribbono Shel Olam can help us get through it). As always, our focus needs to be on today, or even for the next hour.

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Re: I'm about to FALL!!

Posted by 14 - 20 Sep 2010 19:20

can anyone help im feeling very vulnarable!

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Re: I'm about to FALL!!

Posted by Holy Yid - 20 Sep 2010 21:01

talk about it here. what do u feel weak about?

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Re: I'm about to FALL!!

Posted by MosheF - 21 Sep 2010 14:13

I don't know where else to post this so I'm posting it here. I need a miracle to stay sober today and since I don't believe in miracles (i believe in them but they never happen to me), i'm going to have to just hope for the best.

Money is very tight, something at work isn't going right or at least not the way I want it to go and I can't control it. I am very stressed and am feeling out of control. I know that even when things go well, they are out of my control and I NEVER control what goes on in my life, I guess i should recognize that.

Yesterday, I surfed the web for a good few minutes but didn't fall. My thingie is bugging me today and my usual escape (work) isn't working today. I don't need chizuk, I just wanted to post this in the open, it may help.

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Re: I'm about to FALL!!

Posted by bardichev - 21 Sep 2010 14:19

FALLING WILL ONLY BUG YOU EVEN MORE

U MAY NOT HAVE TO MUCH MONEY

BUT U WII FEEL LIKE A WINNER

U WILL!!!!!!!!!!!!!!

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