

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

=====

=====

Re: I'm about to FALL!!

Posted by Holy Yid - 05 Oct 2010 01:40

Take a cold shower. Go for run. Call an old friend. Chat with someone from GYE.

Don't do it you will regret it!

=====

=====

Re: I'm about to FALL!!

Posted by Dov - 05 Oct 2010 03:27

[desperate teddybear wrote on 04 Oct 2010 20:56:](#)

suddenly got hit with the urge and i can't throw it off i'm this close to giving in and getting it over with i keep thinking 'just do it'

Of course you are thinking "just do it". So do I. I always thought that. I just hope you keep reaching out, and that if you go with what you feel you need, that you keep reaching out and come back. Eventually, if you really need recovery, you'll reach for it and get it.

Love,

Dov

(I really love suffering, even failing, addicts, because they are more like me than anybody else i know)

=====

Re: I'm about to FALL!!

Posted by ovadia - 05 Oct 2010 09:20

[dov wrote on 05 Oct 2010 03:27:](#)

[desperate teddybear wrote on 04 Oct 2010 20:56:](#)

suddenly got hit with the urge and i can't throw it off i'm this close to giving in and getting it over with i keep thinking 'just do it'

Of course you are thinking "just do it". So do I. I always thought that. I just hope you keep reaching out, and that if you go with what you feel you need, that you keep reaching out and

come back. Eventually, if you really need recovery, you'll reach for it and get it.

Love,

Dov

(I really love suffering, even failing, addicts, because they are more like me than anybody else i know)

Unbelievable, and here I was thinking that I am the only one who acts out "just to get over" the agonising.

Hatzlocho DTB.

=====

Re: I'm about to FALL!!

Posted by desperate_teddybear - 05 Oct 2010 14:53

i fell. and regret it.

by the time i read all suggestions it was too late but thank you so much everyone for your love and encouragement and tipsys

it's like the suspense of 'i know i'm going to fall one of these days' ended up killing it.

i think i'll try a cold shower next time. definately wasn't worth it (it never is worth it is it?just feels like it at the time)

=====

Re: I'm about to FALL!!

Posted by Yosef Hatzadik - 05 Oct 2010 15:56

A word of caution:

The 'cold shower' solution depends on how far down the slope you are already up to. At times, it has been the catalyst for pushing me over the edge.... :-[

=====

Re: I'm about to FALL!!

Posted by Kedusha - 05 Oct 2010 17:59

Dear DTB,

It might be helpful (to yourself and to others) to analyze what went wrong this time, with the goal that this type of situation should not cause you (or others) to fall again. Without getting graphic, was it something you saw or something you thought that brought on the sudden urge? If the former, at what point, if at all, did you take a second look?

Please don't let this fall be in vain - let's all try to learn from it.

=====

Re: I'm about to FALL!!

Posted by jewinpain - 06 Oct 2010 01:57

Sometime as we r on the verge of falling there is no time to think of what triggered it , or we r too lazy to go for a walk, best thing would be to buzz a friend here on GYE,

Here I'm making a public announcement if u ever feel u need to have someone help u to get past ur urge feel free to buzz me @ my google talk acct Jewinpain

Hatzlucha

=====
=====

Re: I'm about to FALL!!

Posted by noquitter - 07 Oct 2010 21:08

From all i've heard and read on 12steps and SA etc, nothing rings as true for me as the HALT
roshei teivos: Simply dont allow yourself to get too:

HUNGRY

ANGRY

LONELY

or TIRED

Included in the Lonely is boredom. Simple but oh so true...

=====
=====

Re: I'm about to FALL!!

Posted by yedidya aleph - 12 Oct 2010 22:46

now find myself in a slippery place

=====
=====

Re: I'm about to FALL!!

Posted by Lechayim - 12 Oct 2010 22:51

Yedidya! Stop now! Do you know the world depends on you now. It can go eathier way to good
or c'v to bad, you are the determining fellow, so don't fall how can you afford it later??

=====

====

Re: I'm about to FALL!!

Posted by Me3 - 12 Oct 2010 22:52

Try to grab on to Somebody Above You!

=====

====

Re: I'm about to FALL!!

Posted by Dov - 12 Oct 2010 23:47

[yedidya aleph wrote on 12 Oct 2010 22:46:](#)

now find myself in a slippery place

Dear yedidya aleph - actually, to heck with 'username' - to whoever you *really* are:

Ashrecha! You have an ongoing, open-ended license to 'fall'. That will not go away. Even cutting off body parts will not take it away, cuz there will always be a way...

So, ashrecha v'ashrecha that you are reaching out in time of pain or trouble...what else do you expect to really do after so much practice with *hiding*? You have 'won' already, in my opinion.

Anyone can **wish** he'd "finally quit and get better", but people make this giant leap from the "silently aching and *wishing* stage", to the "really *wanting* freedom" stage, and some even expect to just automatically *find* themselves at the "totally through-with-it and giving-the-stupid-lust-up already" stage. I think it's totally unrealistic, really.

It seems obvious to me that had I not gone to meetings and talked out the facts about myself and what I really want, they'd have remained bottled up in my head and never, *ever* had a chance to become real - to become attached to my *behavior*. feelings are cheap. And while talk is cheap as well, there is something to 'hearing my own mouth describe **me**' that *does* something. It brings it a little step closer to the real reality: my actions. When I consistently see it in my **actions**, I will know that it is coming at least a little bit *from my heart*, my ikkar - not just from my brain. Having a pretty brain is nice, but *anyone* can be no'eh doreish, right? For addicts and the like, no'eh doreish was where it all stopped. Here, we can share the unattractive stuff about ourselves - the stuff about us that scares the h--- out ourselves. (And sharing it with real, live people helps us out even *more*! Machshova, then dibbur, then ma'aseh...b'ficho - *then* *[b]ilvov'cha la'asoso**[/b]*).

So take it easy, trust Him to help you and keep trucking - not 'fighting', *trucking*!

=====

=====

Re: I'm about to FALL!!

Posted by yedidya aleph - 13 Oct 2010 00:35

o.k. thanks for the chizuk.

=====

=====

Re: I'm about to FALL!!

Posted by jewinpain - 13 Oct 2010 01:29

YA! R u safe?

If u need additional chizak, gimmy a buzz

=====

=====