

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 ontheedgeman - 03 May 2011 16:01

I tried the phone in last night - 10:20 PM EST? Nobody was there so left. Anyhow another nisayon, I'll get there.

yes indeed I'm a proud alkie... meetings for a few months.

Funny you should talk about back pockets Dov ... I had an ipod shuffle in my back pocket with Breslov shiurim... ;-)

Anyhow going to try the phone ins again... I think there is one now...

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Re: I'm about to FALL!!

Posted by Yosef Hatzadik - 03 May 2011 16:10

The 8:30 AM, 12:00 PM, & 10:20 PM (Eastern Time) 12 Step Phone Conference Calls are scheduled to restart on May 16th.

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Re: I'm about to FALL!!

Posted by KiviYVY - 03 May 2011 16:13

You beat me to it YH!

You can see a schedule for all the calls here -

spreadsheets.google.com/cc?key=0AkadOYxt3aROdHE2R1pXaHE1YjkzX0pwbVNaN2VHUV&hl=en#gid=0

As you'll see on the schedule there's a few other calls running at this time, but the 3 calls I have had personal experience and success with begin May 16th as YH said (before I had a chance!!)

YVY

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Re: I'm about to FALL!!

Posted by Derech Hamelech - 04 May 2011 00:00

Like yosef was a mashbir and had plent of money all in the zechus of keeping in line with the chat heyedia so too all who try in this will become rich. This should help if you are in a line i have seen it work.

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Re: I'm about to FALL!!

Posted by aaron4 - 04 May 2011 14:44

[dov wrote on 02 May 2011 15:32:](#)

I do not have what it takes, either. I know exactly how you feel, MosheF. And I am not kidding at all.

My favorite message to a person who is an addict is this: You can't do it.

It probably would not make a very good banner for GYE, but for an addict, it is precious, precious lifeblood. Boruch Hashem for today's sobriety and life is very, very good.

Anyone can do what I am doing. Anybody who wants to.

Dov, please explain this a little more. I can't do it. But it's so hard to connect with Hashem. He's there, yes. But staying sober both in deed and in thought requires CONSTANT awareness of Him. I ask him all day to please take over, I am powerless, I cannot do it, You Hashem, You put these thoughts in my head so You deal with them. Please. And yet as the weather warms up, my brain still interprets what the eye sees as a lust trigger. The more I look down and take off my glasses, the more I wonder what's going on "out there" while I'm in my dark room. That's not right either.

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Re: I'm about to FALL!!

Posted by KiviYVY - 04 May 2011 15:11

I'll let Dov answer for himself, but my experience has been that the 1st step of feeling you're absolutely powerless is crucial and if you're not completely there yet, it sounds like you're on the way to internalizing that fact. However, the process of letting G-d into your life does not stop there for most. I imagine there are some who just feel powerless and the rest is smooth sailing with G-d. Most others, I believe need to continue through the steps of living with G-d's help. Build up the willingness to have Him restore your sanity. Clean out all the junk that's been

obscuring your vision of Him. Devote yourself to following His will. Take steps to insure that you stay on this Derech. That, to me, is the 12 steps in plain English (besides that "derech" lapse...). Does it ring true for you?

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Re: I'm about to FALL!!

Posted by Dov - 04 May 2011 16:28

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[dov wrote on 02 May 2011 15:32:](#)

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off my glasses, the more I wonder what's going on "out there" while I'm in my dark room. That's not right either.

No, it does *not* require one to be "CONSTANTLY aware of His presence", and it certainly *is* attainable *just* as easily for goyim - even *non-religious* goyim - as it is for a frum yid. I know many of those who 'have it'. So let's start there. This pekkle is not a heavy one to carry. But I have to admit that I have been speaking to Him and more aware of Him as the years go on, for that is the result of these steps and this recovery. I talk to Hashem many times over the course of the day, and I only rarely 'try hard' in davening. He knows exactly what to do for me, anyhow. It won't help if I act constipated, you know, nor if I shuckle especially hard. All of that stuff is plain nonsense.

But my question to you is this: Who (I mean of *people*) are you doing all this *with*?

Just w/yourself alone?

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Re: I'm about to FALL!!

Posted by aaron4 - 04 May 2011 17:08

Just me, Dov. Alone.

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Re: I'm about to FALL!!

Posted by ontheedgeman - 06 May 2011 12:17

I did phone in at lunch the other day, there were a couple of people, I didn't say anything as I had to go, but it sounds like the big groups will start up again in 10 days. I recently went to an AA meeting and discovered that some AA folks are indeed SA folks... and I did hear about SA meetings, and to be honest I'm not eager on going to live SA meetings... just like I'm not eager on going into churches for AA meetings. I mean I'll do what I have to, I just heard from the SA

meetings that there are some folks there who have some pretty wild pasts, and also the discussions can involve details of doing things that I haven't yet imagined (or have imagined, but didn't realize people actually did them and that it was part of addiction!!)

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Re: I'm about to FALL!!

Posted by Dov - 06 May 2011 18:02

In an SA meeting, if someone is ever sharing something that you find triggering, all you need to do is raise your hand and the secretary member of the meeting will ask him to stop and go onto something else that is not so triggering.

Nu. But who says SA meetings are what you need, at all?

(They save my life, but I can ask that, no? They are certainly not for everybody.)

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Re: I'm about to FALL!!

Posted by ontheedgeman - 09 May 2011 21:47

I guess maybe SA meetings are indeed not for everyone. So back to the telephone chat lines. It really is just craziness. Looking forward to the renewal of the programme on May 16th. The dialogue in my head is just annoying now...

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Re: I'm about to FALL!!

Posted by KiviYVY - 16 May 2011 19:16

Edge,

Did you make it to the calls today? I listened in but didn't get to check in at 12 -- only at the 8:30 one. I hope to hear from you!

YVY

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Re: I'm about to FALL!!

Posted by Dov - 17 May 2011 16:30

So if the calls do not work after a few months and you have not gotten the relief that you seek, then what? Are you willing to go to *any lengths* to get and stay clean one day at a time, or is this not really bothering you that much? Only time will tell. And that is the same for me, you, and everybody else.

I am not being crabby, but just trying to say that I have heard so many excuses from guys for why in-person meetings are not really necessary (and they may be correct about that!) - but when no other option was working, they still didn't go. And that proves to me that the only reason they were not choosing to go always was only one: They didn't want to because they wanted to be able to keep looking at porn and masturbating.

And being a powerless addict, I cannot blame them in the least. I'd never have stopped if I didn't *have* to. I just couldn't go on any more...

Hatzlocha with the calls!! I love you, brother!

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Re: I'm about to FALL!!

Posted by ontheedgeman - 24 May 2011 19:10

lack of discipline. I didn't diarize it properly. Yesterday was a write off. I need to put a reminder in my calendar to call in. It's only been a few days sober and the clutches continue... see you /hear you tomorrow, IYH.

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