

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 ZemirosShabbos - 08 Jul 2011 15:59

here's another.

are you stressed out?

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Re: I'm about to FALL!!

Posted by Maccabee - 08 Jul 2011 15:59

You there?

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Re: I'm about to FALL!!

Posted by Sturggle - 08 Jul 2011 16:18

I am here. Can we move this to my thread and/or is there a way to chat? I am stressed out.

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Re: I'm about to FALL!!

Posted by Maccabee - 08 Jul 2011 16:21

You have gmail? We can chat there. My email is maccabee5770@gmail.com

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Re: I'm about to FALL!!

Posted by Sturggle - 10 Jul 2011 16:39

having some trouble again. anyone there?

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Re: I'm about to FALL!!

Posted by ben durdayah - 10 Jul 2011 16:56

Reb Sturge,

What's happening -how can we help you overcome that urge?

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Re: I'm about to FALL!!

Posted by Sturggle - 10 Jul 2011 17:00

for me reaching out is a big part of the help. seeing your response is also big for me, so thanks.

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Re: I'm about to FALL!!

Posted by ben durdayah - 10 Jul 2011 17:40

I don't know why, but I didn't see this response until much after the fact.

I'm sure that you're trying to call your friends on the phone as well.

I've got to get going to night Kollel, but bl'n I'll have you in mind.

Sturggle ben Sarah LeBracha VeLeyshua...

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Re: I'm about to FALL!!

Posted by laughingman - 11 Jul 2011 21:57

i started looking at things again afgter nearly being completely off for nearly 2 weeks
.....need to goo back to sleep now

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Re: I'm about to FALL!!

Posted by Sturggle - 11 Jul 2011 22:26

and here's hoping you had a good sleep

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Re: I'm about to FALL!!

Posted by 2nd-chance - 12 Jul 2011 16:52

will i really get response now that i need it urgently? wonder

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Re: I'm about to FALL!!

Posted by KiviYVY - 12 Jul 2011 16:55

Hi Chaim! Aren't you on the afternoon call going on now? Why don't you call in? You'll get tremendous Chizuk, especially if you bring up your issues.

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Re: I'm about to FALL!!

Posted by ZemirosShabbos - 12 Jul 2011 16:58

hi Chaim,

what's going on?

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Re: I'm about to FALL!!

Posted by dream_vision - 13 Jul 2011 17:58

Hi there. I just signed up, and I want to say that unfortunately I gave in to my yetzer hara yesterday and today. However, I went without giving in almost all of last week, and the more days passed, the easier it was to control myself and the much better HAPPIER and FREER I felt.

I just changed my password on K9 Web Protection to something random, and now I don't even know the new password myself. G-d willing I can continue to abstain and guard my eyes when I'm outside and on the beach (I'm a rather secular Jew, who is trying to become more observant).

Also, I just want to say, that when I do indeed guard my eyes outside and look at other things (e.g. nature, buildings, architecture) my thoughts are much more positive and spiritual, and I often look at perceptive reality - the things I behold - as works of art, as aesthetically pleasing things. This also really helps to keep one's mind from lust and mundane thoughts. When I appreciate the beauty and the moment, I feel fully alive too. When my mind starts to wander, I try to keep myself busy with some reading or drawing or some activity that requires my attention, where I can keep my mind from wandering.

Also, I TRULY think this helps a lot too, and highly recommend reading it:

www.aish.com/sp/48w/

This really puts a perspective on the grand scheme of things, and the more busy you are with things that nourish your soul, the more positive your thoughts will be, the more creative your mind, and the easier it is to fight the yetzer hara.

I will probably post here again soon when the urge comes! Keep fighting and winning! A rabbi said something very interesting - we will never stop fighting because our soul will never give up as long as we live! And the more we fight, the easier the battle becomes!

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