

I'm about to FALL!!

Posted by jerusalemsexaddict - 13 Aug 2009 21:26

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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 gibbor120 - 16 Nov 2011 18:58

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[gibbor120 wrote on 16 Nov 2011 14:31:](#)

Thanks rebdovid. Sometimes, I feel fine, like why do I need to post or call people?

Posts like yours remind me that I need to keep it up even when times seem good.

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Re: I'm about to FALL!!

Posted by helpfyi - 16 Nov 2011 19:54

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hey man lets be real if you have only been ok bec your wife was mutter, then you never really took care of your problem. you just fed your lust. i think its time you TAKE CARE OF IT! read the 12 steps get sober get help don't just put a band aid on and say i'm ok ! you have a Boo Boo ! you got to do stitches!!!!

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Re: I'm about to FALL!!

Posted by shemirateinayim - 17 Nov 2011 13:27

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thnks

Deepfry: i know, i actualy was in ssa meetings, but not seriously, and not enough. My problem only relapsed after marriage, and because of it too. IT's a long story, but bekitzur, it's easy to be a bachur, everything is assur and you don't need to mediate between using lust and controlling it.

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Re: I'm about to FALL!!

Posted by Dov - 17 Nov 2011 18:29

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So what do you want? I hear some 'giving up on yourself' in your posts. If you need to deal with your issues, then deal with them. You are not alone. Please hear me out to the end, here.

I have to deal with my issues, too. So? Sometimes I cry, sometimes I mope, and sometimes I try to run away. But eventually the issues that I truly have, make real life miserable enough that I just have to believe there's gotta be a better way - and those sweet old orgasms and fantasies just don't cut it any more.

So I *do something about it* by getting the help that I need. This is a journey that never ends. We are always gonna be baderech. But being sober one day at a time is the only way to stay in the real game, for me.

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When you use the work "issurim" it makes me think that you really consider your problem to be a religious one. I do not doubt that your habit has religious meaning and consequences - but I doubt that it is truly a religious struggle. It is convenient, being a frum yid, to *frame* it that way, sure. But that doesn't make it so. And to me that is very important - not just semantics.

You are a good man, truly. If you are here, struggling with this problem, and wishing you'd get better - then you are surely a very good man.

But:

You may categorically disagree, but I suggest to you that if you are married, with a child, and still **need** to habitually look at porn and have sex with yourself (or *whatever* you do when you act out your lust), then something is wrong with you in the head.

The secrets, the tolerance of issurei koreis or misa bidei Shomayim...huh? What? **Tolerate** it? yeah, considering it a 'religious matter' is a nice way of never really getting the help we need, cuz we wait for our bechirah to finally kick in....

That's nuts. Something is seriously wrong here.

Maybe, just maybe, you have an addiction. If that is what you have, then you are not bad, but nuts. The steps are all about sanity - as it clearly stated in #2. They are not about overcoming alcohol, lust, sex, or whatever self-defeating behavior. No.

They are about retrieving the sanity you probably had when you were about 3.

Hashem does it for me and for hundreds I know, one day at a time. He can do it for you. You are no worse than any of the prusteh farm boys I know, who are living sober.

Give up on doing it by your own power - but do not give up on **yourself!**

With lots of respect for you and love,

Dov

[ShemiratEinayim an Old friend wrote on 16 Nov 2011 16:01:](#)

I've been 'taking little sips' of issur... and my wife was mutar for 9 months strait, so I had an outlet that allowed me to feed my lust.

Now I'm a dady, and I have to deal with my issues.

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Re: I'm about to FALL!!

Posted by gibbor120 - 17 Nov 2011 22:50

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[ShemiratEinayim an Old friend wrote on 16 Nov 2011 16:01:](#)

I've been 'taking little sips' of issur

Hi, read this DQ (Dov Quote) from today's daily dose.

SLIP = Sobriety Loses It's Priority

[www.guardyoureyes.org/forum/index.php?topic=4695.msg125944#msg125944](http://www.guardyoureyes.org/forum/index.php?topic=4695.msg125944#msg125944)

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Re: I'm about to FALL!!

Posted by teenagehelp - 20 Nov 2011 19:10

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i feel like its too easy to use the computer now, even with a filter... [sigh]

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Re: I'm about to FALL!!

Posted by Chazak Amenu - 20 Nov 2011 21:08

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I would recommend listening to music for a while and singing along that really helps. and call a friend and chat. U can email me if you want we have not spoken for months!

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Re: I'm about to FALL!!

Posted by ontheedgeman - 21 Nov 2011 03:22

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I was going through kosher and non-kosher animals with my kids. Dolphins, crabs, alligators, whale... all NOT KOSHER. Then they asked me if I was kosher. And I said of course. Then they asked "Are daddy's eyes kosher?" RIBBONUY SHEL OLAM!!! WHAT CAN I TELL THEM?? I CAN'T LIE, my eyes are not kosher, they regularly partake of traiffe!! If for no other reason, avoid the sips, so that you can tell the innocent that you are kosher, to the best of your ability...

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Re: I'm about to FALL!!

Posted by gibbor120 - 21 Nov 2011 16:32

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wow, from the mouth of children.

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Re: I'm about to FALL!!

Posted by Dov - 21 Nov 2011 17:27

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[ontheedgeman wrote on 21 Nov 2011 03:22:](#)

I was going through kosher and non-kosher animals with my kids. Dolphins, crabs, alligators, whale... all NOT KOSHER. Then they asked me if I was kosher. And I said of course. Then they asked "Are daddy's eyes kosher?" RIBBONUY SHEL OLAM!!! WHAT CAN I TELL THEM?? I CAN'T LIE, my eyes are not kosher, they regularly partake of traiffe!! If for no other reason, avoid the sips, so that you can tell the innocent that you are kosher, to the best of your

ability...

Then stop.

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Re: I'm about to FALL!!

Posted by gibbor120 - 21 Nov 2011 18:36

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Minus the quote, this might be the shortest dov post ever. Maybe "good shabbos" is shorter?

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Re: I'm about to FALL!!

Posted by ontheedgeman - 21 Nov 2011 22:35

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lol Dov. Okay, I'll stop. Bli neder.

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Re: I'm about to FALL!!

Posted by obormottel - 22 Nov 2011 00:05

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[gibbor120 wrote on 21 Nov 2011 18:36:](#)

Nope, more letters, and syllables

Minus the quote, this might be the shortest dov post ever.

You're right...I hope Dov's Ok...Just send him over to my kitchen, I'll have chicken soup and cholent stuffed cabbage ready in no time...

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Re: I'm about to FALL!!

Posted by Gevura Shebyesod - 22 Nov 2011 01:30

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[gibbor120 wrote on 21 Nov 2011 18:36:](#)

Minus the quote, this might be the shortest dov post ever. Maybe "good shabbos" is shorter?

Did he ever post a "hi" in Shteeble's thread?

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Nope, more letters, and syllables