

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: Im about to FALL!!

Posted by TrYiNg - 16 Sep 2009 08:49

So cute, simple yet thought provoking

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Re: Im about to FALL!!

Posted by battleworn - 16 Sep 2009 11:41

They're GREAT!!!

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Re: Im about to FALL!!

Posted by Lechayim - 16 Sep 2009 19:29

Why is it i became now before RH into the falling mode. I fell yesterday and trying hard to get back!! Whats my solution??

I did so good for a month! I am very broken! Any ideas Oilam??

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Re: Im about to FALL!!

Posted by kutan - 16 Sep 2009 19:58

I'm speaking to myself.

But feel free to eavesdrop.

A little humbleness before RH goes a loooooong way.

Nothing more whole than a broken heart (kotchker)

Don't get down on yourself. a month is nothing to sneeze at.

But ask the Tatte in Himel: see my efforts, my trying, and please help! I WANT to be good.

kutan

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Re: Im about to FALL!!

Posted by lamed vavnik - 16 Sep 2009 20:23

I'm feeling really weak right now.i need H' to help me so i don't fall again.

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Re: Im about to FALL!!

Posted by Kedusha - 16 Sep 2009 20:27

[lamed vavnik wrote on 16 Sep 2009 20:23:](#)

I'm feeling really weak right now.i need H' to help me so i don't fall again.

Dear Loynata and Lamed,

I have an idea. It's a last resort, if nothing else has worked. Assuming that you wear glasses or contacts, remove them. If you're tempted to allow your eyes to stray, c"v, at least don't do it with 20/20 vision!

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Re: Im about to FALL!!

Posted by Dov - 16 Sep 2009 20:27

[lamed vavnik wrote on 16 Sep 2009 20:23:](#)

I'm feeling really weak right now.i need H' to help me so i don't fall again.

Dear #36,

Did you get my PM last week?

Hashem *is* with you,

Dov

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Re: Im about to FALL!!

Posted by Me3 - 16 Sep 2009 20:48

Close out your internet connection and take a short walk, it works because it breaks the YH's concentration.

OK maybe not,but it does help.

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Re: Im about to FALL!!

Posted by lamed vavnik - 16 Sep 2009 20:53

Dov i got the post .i'll send you a reply seperately.

Me3 it's not the net , i cant get anywhere .i got this from just walking on the street. no. i got it b/c i walked in on a boy watching a movie on his lap top a FEW DAYS AGO, and i didn't even see anything bad but the idea of it got me . i'm so sensative

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Re: Im about to FALL!!

Posted by Me3 - 16 Sep 2009 20:58

I'm at aloss for words here, but my thoughts are pulling for you, get busy doing somthing else. Anything else!

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Re: Im about to FALL!!

Posted by battleworn - 16 Sep 2009 22:22

Lamed Vav and me3, I have two suggestions. First, speak up! Tell the chevra what you're feeling, talk your heart out!

It's even better if you can get yourself to really talk to Hashem. A serious talk in your own words. Tell Him what you really want, tell Him what you're feeling, tell Him that you don't want to be distanced from Him by falling in to the trap.

It's hard in the begining but just try. Keep going even if it doesn't seem to be coming out right. Speaking it out, opens the heart; keep talking until your heart comes along. Don't leave Hashem alone! Keep pestering Him until you feel better.

Second, read the threads on this page, or something else good!

And here's something I once wrote to Uri:

One of the main tricks of the y'h, is to spotlight things that cause stress. He makes a whole lot of noise, like it says ?????????????? ???????? ?????????? ????? ?????????? ??? ??????? -he makes you feel all desperate.

That's what the meraglim did. Thay got all dramatic and made everyone feel extremely desperate. ("Guys we're dead meat etc.") It works really well -they managed to get everyone to cry the whole night. You have to try to use Kalev's tactic ?????????? ???????? ???-?????? Kalev came and said: SHHHH calm down let's be rational, if Hashem got us till here, He'll also get us in to E.Y. But they were so busy crying and screaming that they couldn't even listen to Kalev. And that's the source of the churban that we are now mourning over (??? ?????? ????? ?? ????? ????? ????? ??? ????? ?????????).

Let's learn the lesson and try not to let this trick work on us. Take a deep breath and then another one and a bunch more. Calm yourself down as much as you could and firmly tell the y"h

"I'll be just fine, Hashem runs my life and takes very good care of me. I most definitely don't HAVE TO act out"

In fact that can only make things worse. And if I'm feeling stressed then ????? this is my opportunity -given to me as a gift from Hashem Himself- to show my true loyalty to Him, to fulfill the purpose of creation in the truest sense and to merit unfathomable pleasure for each and every second of holding out!"

CHAZAK VE'EMATZ!!!

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Re: Im about to FALL!!

Posted by SoHard,YetSoRewarding - 17 Sep 2009 00:17

[LOYNATA HOILECH wrote on 16 Sep 2009 19:29:](#)

Why is it i became now before RH into the falling mode. I fell yesterday and trying hard to get back!! Whats my solution??

I did so good for a month! I am very broken! Any ideas Oilam??

I also fell now after 33 days. It's become a common theme here now. "Tzuras Rabim Chutzi

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Re: Im about to FALL!!

Posted by TrYiNg - 17 Sep 2009 00:32

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Re: Im about to FALL!!

Posted by lamed vavnik - 17 Sep 2009 04:05

OK i'm still alive. thanks BW .i hope one day to be on the level to think like that in my time of need. i tried to to watch calming clips of teshuvah on aish.com and it worked ...until it stopped. i feel Ikke i'm missing something in this everyone keeps telling me to read the threads or the handbook,but i'm not getting anywhere

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