

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 cordnoy - 10 Jun 2014 23:50

Welcome as well.

you cant have 5 years.

I cant have five years.

Most of us can't.

We can have right now though (talkin' to myself).

Ask God for assistance for this moment.

b'hatzlachah

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Re: I'm about to FALL!!

Posted by Pidaini - 11 Jun 2014 02:49

welcome!!

why not start a thread in the "introduce yourself" section, you can get personal attention there!!

I have a few things on the top of my mind, but I'll wait for your thread to write them.

Don't be a stranger!! Keep on posting!!

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Re: I'm about to FALL!!

Posted by shomer bro - 11 Jun 2014 04:03

Welcome! everyone here knows exactly what you're going through, with varying degrees. I too, at times feel a total sense of despair and hopelessness. But like they say, don't focus on the long journey, but rather on the day to day. This too may seem a lot, as each time the yetzer hara hits us, it can feel like a mountain. But with time, we find ways to overcome these obstacles and move on and grow. Even when we fall, we need to focus not on the fall and be depressed, rather, we need to focus on why we fell, and focus on moving forward. Rome wasn't built in a day, and neither will this. You can do it, we're rooting for you!

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Re: I'm about to FALL!!

Posted by gibbor120 - 14 Jun 2014 00:13

I can't do 5 years either.

One way I used to rationalize acting out was "how long can I keep it up? I'm going to fall at some point, the only question is when. I might as well give in rather than putting up this exhausting fight."

Sound familiar? Getting ahead of myself is suicide.

If you've been to AA, you know it's about learning to live right so you don't have the urges as much. I'm not sure what to tell you on a practical level, but if AA worked for you, there's no reason to think SA won't help.

As far as dealing with your wife, maybe speak to your Rav/Rebbi about it.

You say you weren't frum for a few years and went to AA, does your wife know about that? If she accepts you despite your troubled background, maybe she will be supportive.

You say you are willing to do anything with one little caveat - as long as you don't have to tell anyone, and can do it on your terms.

If you stay on the path you are on, she will find out anyway, and not the way you want.

I hope I did not sound harsh. I know exactly how you feel. I felt the same way.

I wish you hatzlacha. keep us posted.

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Re: I'm about to FALL!!

Posted by formymself#1 - 15 Jun 2014 00:34

to Gibbor. she definitely knows about that takufa. it wasn't like 2-3 years and a little trouble. it was more years and a lot of partying. i have been completely honest with her from the beginning with that since it was a large part of my past, i only omitted this topic.. she knows i did this amongst many other things in that time period. but she thinks i stopped this when i came frum,, especially since i have been learning stark and been working on myself a ton over the past few years... i was going to bring up this topic and she once told me .. somehow this topic came up during a date and she said that its is the same thing as cheating if someone watches porn.. i was like ohh vey what do i do know. so that was the end of that thought of telling her.. i will start a thread in introduce myself since it cant hurt to be more involved on GYE. ALSO i am felling an urge tonight. i haven't for a few days since i posted cuz i learned real well each day since and had very geshmak davenings. but on shabbos i ate a lot of food so that makes me thing about urges.. but i already feel while typing this that its making it much easier.. its like im reaching out.

[gibbor120 wrote:](#)

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Re: I'm about to FALL!!

Posted by shomer bro - 23 Jun 2014 05:30

I also get like that on shabbos afternoon when I want to take a nap after the meal. For me, this can be a very difficult time. The trick is to try to fill up the afternoon with productive things, and

only nap if 100% necessary. I've seen that it's not always needed, and it's just a way to relax.
Hatzlacha raba!

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Re: I'm about to FALL!!
Posted by Machshovo Tova - 23 Jun 2014 18:23

[shomer bro wrote:](#)

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What works for me: I get up very early Shabbos morning to learn. It is a very geshmak experience. So by the time the meal is over I'm ready for a good nap and I sleep like a baby (babies don't act out). Try it - it's as they say - me'ein olam haba.

Hatzlacha

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Re: I'm about to FALL!!
Posted by abieham - 29 Jun 2014 23:33

Guys i need help. I am very anxious and have absolutely nothing to do. I just want to buy a gift card and call a phone sex agency. Please help me i dont want to do that. or i can just go outside and see everything that the summer has to offer . please help me

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Re: I'm about to FALL!!

Posted by ineedchizuk - 30 Jun 2014 00:24

Abie, Hang in there bro!

You seem to be feeling really stifled.

I'd be happy to just chat, if you would find that helpful- ineedchizuk@gmail.com

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Re: I'm about to FALL!!

Posted by dms1234 - 30 Jun 2014 01:21

HEY!

Try to relax! Take a deep breathe. Calm down! Everything is going to be alright! Can you go for a walk or a run? Take a hike! See Hashem's beautiful world!

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Re: Im about to FALL!!

Posted by moshe25 - 02 Jul 2014 23:07

Hi I'm holding after 8 clean days but I'm about to fall please help!!

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Re: Im about to FALL!!

Posted by lthamarGYE - 02 Jul 2014 23:45

Remember to try and do something-- anything---for at least 15 mins before you fall! Take a walk and remember do not fear it, and do not get stressed! You CAN be in control!

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Re: Im about to FALL!!

Posted by cordnoy - 02 Jul 2014 23:53

the suggestions are good

it is best to try to avoid the confrontation and become preoccupied.

However, some of us (myself included) cannot be in control and are not in control (especially in those times).

There are times that we can be, but there are times (sadly) that control has been taken away from us.

We might have done it to ourselves; perhaps there were other causes, but

It is our responsibility to make sure that we do not reach those times.

that is why filters, monitors and general avoidin' of triggers are so crucial to us.

Yes, it is a fantasy of mine to be able to live free of lust, but like so many of my other fantasies (like the one with), that is simply what it will remain....a fantasy.

May God bless....b'hatzlachah

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Re: I'm about to FALL!!

Posted by dms1234 - 03 Jul 2014 02:29

I agree with cordnoy. I don't think we can be in control. That doesnt mean we let the lust control us. I think this is a pillar of recovery. WE CAN'T CONTROL! Yes, there are things we can do but ultimately we aren't in control.

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