

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 dms1234 - 03 Jul 2014 20:41

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I don't think we should get into a philosophical debate but yes there are things we can do, actions we can take. And we just do these actions but the results are up to Hashem. We must do our hishtadlus and do whatever we can do to not only prevent us from falling but to help us live

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Re: I'm about to FALL!!

Posted by cordnoy - 03 Jul 2014 20:52

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of course it is possible!

Free will was never removed from us.

But when a person is in the throes of a fall, it is difficult.

If at that time, he manages to find this thread, kal hakavod!

continue readin' and postin'.

All of us, however, know that there are times when we reach out and then...there is the moment of truth...we might shut the ringer off; we might put the phone in the other room; we all have our ways. This thread, like many of the others, are here to assist us when we are capable of bein' assisted.

b'hatzlachah

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Re: I'm about to FALL!!

Posted by usernam2258 - 08 Jul 2014 12:32

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I feel like I am moving close to the edge. Last night, I was struggling to get to sleep, because I was just thinking about going downstairs, going on the computer, and looking at stuff, stuff which unfortunately seems to transgress any filter (I will have to check the filter, see if I can stop this; it may be an error with my computer). When I woke up, I felt like I had done fifteen rounds with Rocky. Thank G-d, I at least didn't go that far. But annoyingly, I feel that I want to act out. I know I mustn't and shouldn't act out. But how do I make it so I willn't? I am trying to avoid any sights not wholly wrong, but certainly stimulating though as a student, and sharing my home with other students, getting rid of internet is not practical. I am thinking that as well as reading the Torah in the day, I will read over the same parts before going to bed; do you think this will help?

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Re: I'm about to FALL!!

Posted by chesky - 08 Jul 2014 13:08

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[usernam2258 wrote:](#)

But annoyingly, I feel that I want to act out. I know I mustn't and shouldn't act out. But how do I make it so I willn't?

Hi and thank you for sharing.

Unfortunately (or fortunately, depending on how you want to see it) there is no way of making it "I willn't". This would be paramount to taking away from us "free choice" which is the basis of mankind and why we are in this world.

As Roe K writes in the White Book:

*I see now that in all my religious striving and psychotherapy I was waiting for the miracle to happen first, that I should somehow be zapped or "fixed," unable ever to fall or be tempted again. I thought that if a person just had the right religious belief, he was automatically "a new creature; old things are passed away; behold, all things are become new." That all thought of lust would be removed, much as a tumor would be excised by a surgeon. The "religious solution" was one of the subtlest strategies in my arsenal of denial.*

*I didn't realize that the essence of being human is to have free choice. God doesn't want to remove from me the possibility of falling; he wants me to have the freedom to choose not to fall. I'd been praying self-righteously all along, "Please God, take it away!" not realizing my inner heart was piteously whining, ". . . so I won't have to give it up." There was belief in God without surrender. That belief availed nothing! I had never died to lust.*

May HaShem grant us a day of sobriety, sanity and serenity.

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Re: I'm about to FALL!!

Posted by ewards - 08 Jul 2014 16:56

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hello

remember one time is not enough ,we are never sastified , take 10 deep breaths or more and don't give in the desire will pass no impulsive behavior or put it off till the next day you will feel

different

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Re: I'm about to FALL!!

Posted by dms1234 - 08 Jul 2014 20:42

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) You have realized that you may fall and you have reached out! The Forum is great but is there anyone you can even chat with?

IN the meantime: try to take a deep breath! And relax. How about get some exercise as well!

Good work! KOT!

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CONGRATULATIONS!!! You have done the first two steps! (not 12 steps sorry

Re: I'm about to FALL!!

Posted by usernam2258 - 08 Jul 2014 22:25

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1. Chesky: I suppose you are right, and I must say, it is the most annoying (and yet I am certain essential) part of free will. But how does one surrender oneself wholly to God? I can pray, read Psalms, read Torah; but what does it mean to truly surrender oneself? If anyone can explain, I would be most grateful.

2. ewards: Would ruminating over Torah, Psalms, the Shema help? I suppose I know the answer is yes, but how does one effectively distract oneself? It is, I imagine, the eternal

3.dms1234: Exercise; not done that properly in two years, but I suppose it wouldn't heart to start Also, I am in England, and from what I gather, most users are American or Israeli; but I suppose anyone in England or an English speaker in Western Europe could help.

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Re: I'm about to FALL!!

Posted by ineedchizuk - 08 Jul 2014 23:55

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Welcome, 2258!

So how 'bout thinking of a fluffy white part bear instead? (':

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Re: I'm about to FALL!!

Posted by usernam2258 - 09 Jul 2014 00:16

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Re: I'm about to FALL!!

Posted by usernam2258 - 09 Jul 2014 00:18

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[funny-pics.co/wp-content/uploads/funny-polar-bear-cub-chill-dude.jpg](http://funny-pics.co/wp-content/uploads/funny-polar-bear-cub-chill-dude.jpg)

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Re: I'm about to FALL!!

Posted by usernam2258 - 09 Jul 2014 00:20

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Oops, sorry, that went wrong. Is there an edit button? Sorry for triple post.  
Chizuk, this good enough?

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Re: I'm about to FALL!!

Posted by ineedchizuk - 09 Jul 2014 01:07

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Can't get it out of my mind! (the polar bear)

But seriously, welcome. Keep posting, keep growing.

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Re: I'm about to FALL!!

Posted by usernam2258 - 09 Jul 2014 05:05

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Well, I fell again, and now feel I am back to where I am started. I realise it may be late, but I am mighty peeved at myself, as well I should be. Frankly, if I was someone else watching my actions, I would have slapped me silly, but heigh-ho, hindsight always makes things look obvious. So new rules set for myself; the internet is not for goofing, only for work, study, and communication as is necessary- if I can't filter it fully with a filter, then I can at least take me away. As soon as I am fit to do so, I shall recite relevant Psalms, possibly the Tikkun HaKlali, or such like, with concentration. I shall stop staying awake till pointless o'clock in the evening, and waking at too-late o'clock in the morning. I will endeavour to do some exercise a day, even if that consists only of a brisk walk, which is better than nothing. I will make sure that I pray before bed, in which prayer, I make full accounting of the days events. And I will try to prevent myself from speaking vulgarity, and looking at things with even the whiff of the inappropriate. These may seem like obvious rules; but alas I find myself flouting them all too often.

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Re: I'm about to FALL!!

Posted by Pidaini - 09 Jul 2014 07:39

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Welcome dude!!

it's great that you're opening up, it's a major step!!

It would be great if you started your own thread in the "Introduce Yourself" section, that way we can get to know you and your personal struggle and we can start growing together!!

BTW, That whole list sounds great, but as you wrote, you find yourself flouting them....so let me ask you, what's gonna be different this time?

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