

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 wantoimprove - 12 Apr 2016 20:09

Shmuly, hang in there. You can decide to NOT act out. Remember, school is almost over and you will be moving to Israel and starting a whole new life. Even joining the IDF! Don't let the school's loyalty to the counselor throw you off. You can show them and yourself what a man you are by staying clean. We're rooting for you!

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Re: I'm about to FALL!!

Posted by markz - 03 May 2016 02:39

I want to note my personal take on many of today's forum shares

Can we have a frank and open discussion for ideas what we can all do better next Chol
Hamoed

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Re: I'm about to FALL!!

Posted by peloni almoni - 03 May 2016 03:47

[markz wrote on 03 May 2016 02:39:](#)

This is an open question, feel free to give your input

I want to note my personal take on many of today's forum shares

Can we have a frank and open discussion for ideas what we can all do better next Chol
Hamoed

?? ??? ?????? ???"?

expect the stupid smiley faces.

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Re: I'm about to FALL!!

Posted by thanks613 - 05 May 2016 03:06

[peloni almoni wrote on 03 May 2016 03:47:](#)

expect the stupid smiley faces.

My thoughts exactly!

I just read a post (I think from ina) about learning from falls about times or situations when we are likely to be blindsided by lust attacks. I don't know if people who fell were "taken by surprise" or not, but I sure was. Not on Chol Hamoed itself - I was too busy, and around people most of the time. But afterwards, I was hit by an 18 Wheeler, and not one of the friendly kind from GYE. It's not so much an action strategy, but maybe expecting the stupid and bracing myself for it will help me next time.

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Re: I'm about to FALL!!

Posted by peloni almoni - 05 May 2016 04:00

[thanks613 wrote on 05 May 2016 03:06:](#)

[peloni almoni wrote on 03 May 2016 03:47:](#)

expect the stupid smiley faces.

My thoughts exactly!

I just read a post (I think from ina) about learning from falls about times or situations when we are likely to be blindsided by lust attacks. I don't know if people who fell were "taken by surprise" or not, but I sure was. Not on Chol Hamoed itself - I was too busy, and around people most of the time. But afterwards, I was hit by an 18 Wheeler, and not one of the friendly kind from GYE. It's not so much an action strategy, but maybe expecting the stupid and bracing myself for it will help me next time.

just so we are clear, i meant "except" the stupid smiley faces. i did not like either of them.

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Re: I'm about to FALL!!

Posted by Dov - 10 May 2016 15:06

[wanttoimprove wrote on 12 Apr 2016 20:09:](#)

Shmuly, hang in there. You can decide to NOT act out. Remember, school is almost over and you will be moving to Israel and starting a whole new life. Even joining the IDF! Don't let the school's loyalty to the counselor throw you off. You can show them and yourself what a man you are by staying clean. We're rooting for you!

I have become sensitive to individual differences in recovery, and especially here on the forum. This is almost anathema for me as a frum person because **don't we stand for Absolute Truth?!** Well, it turns out that in a certain way we really don't. Chassidishe sforim/tzaddikim refer to this as 'al derech avodah', meaning on the practical side of things putting these Ultimate truths *into **action*** requires awareness and acceptance of individual differences.

So along those lines, in hopes of being helpful, here's some annoying, unasked-for, pain-in-the-

buttocks feedback:

1- You certainly mean well and sound very encouraging, but: How do you *know* that this guy *can* decide not to act out? Do you know his history? He has been around here for a long time and been on the GYE merry-go-round many times. Why should anyone be eager to sell him another ticket on just cuz it sounds nice and good to get on the ride? It's very sad for me to see dogma being reloaded onto people who have no grip on certain basic things.

Better help them get the basics...and 'controlling the yetzer hora' is probably way above all the basics he needs. Ratcheting back to the basics is always very uncomfortable for us well-meaning, frum people. Very uncomfortable.

2- Moving and starting a 'new life' is usually the very worst thing for a person with a severe drug habit, drinking habit, porn fantasy and sex (masturbation) habit. The instability of it almost always succeeds in keeping them clean for a while because they are sweeping the dirty plans they have under the rug of life...getting healthy becomes their LAST priority cuz they have so very much to do.

Later the entire under-carpet structure will definitely slip out again in all it's glory and ruin whatever lives they have built for themselves there. This happens over and over and over. I have seen it many times. And one of the weaknesses of GYE is that a person goes through a geographic or other upheaval (like moving, getting married, getting the flu, starting to post on the forum, taking a sh'vuah, experiencing a great Elul, etc.) and lo and behold they post something like, "*Woww! Baruch Hashem yom yom, I have been clean ever since _____ (fill in the magical blank here) happened. I am going to be eternally grateful for this!*"

Of course, the problem is that we never *hear* from most of these folks a few months later when their old habit returns. Often, they attribute the return of their 'problem' to a new event occurring then...(Mother drove me crazy, new super-pretty girl at work, job not going well, etc, etc) but I believe it is really just the fact that *they never changed* that is at work here. They only had what AA's call 'the geographic cure' in the first place. Yet, even though they are only posting with a fake name, they are still too embarrassed to admit it here, so they just disappear or switch usernames. But not to worry! Their 'success testimonial' is forever saved here in electronic media...

3- Joining the IDF can often be the worst thing for a sexually immature and addicted person.

The sex going on in the army - perhaps more in the IDF than in some other armies of the western world. It is known that many soldiers refer to females in the IDF as 'mattresses'. It's no joke. It is a tragedy.

Even if he joins a frum unit, things are often made worse because the stress of boot camp and everything else that goes on in that first year is not conducive to religious development or to spiritual centering. Yes, it will likely 'whip a guy into shape'...but if the guy is lacking the tools to integrate it, just wait till he gets out for R&R and watch that baby return with a vengeance.

There is a reason he was banned - and I do not know what it was for I was not involved. But whatever it was, he needs some basics...building blocks that he cannot possibly get by 'reading wisdom on a forum' nor from any sefer. Just like me and most of us, he needs real healthy relationships with the right kind of people that will be therapeutic for him, a good shrink, counselor, etc. None of those things can be gotten with fake names on a virtual forum.

They are just too real and too precious. And he is, too.

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Re: I'm about to FALL!!

Posted by Sturggle - 14 Jul 2016 20:35

They are just too real and too precious. And he is, too.

Dov, you are just too real and too precious. And he is, too.

And I hope that people are using this board consciously and not just to randomly respond to other posts...

Well, I think I'm being yanked by my yetzer hara/addiction/lust to go give myself a shot of dopamine or two or more, so I'm posting here... I think I can make it, though putting it out here helps.

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Re: I'm about to FALL!!

Posted by doingtshuva - 14 Jul 2016 20:47

whats up.

leave the quick fix aside.

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Re: I'm about to FALL!!

Posted by howberm - 28 Jul 2016 17:47

HELP!!!! howberm12@gmail.com

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Re: I'm about to FALL!!

Posted by Aryeh821 - 28 Jul 2016 19:08

[howberm wrote:](#)

HELP!!!! howberm12@gmail.com

Whats the issue

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Re: I'm about to FALL!!

Posted by a123456 - 15 Aug 2016 02:14

hi im new to the forum im feeling alittle down which usualy causes my downfall anyone there for a little chizuk

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Re: I'm about to FALL!!

Posted by 360gye - 15 Aug 2016 02:21

I'm here for you. Whenever you want feel free to email me(360gye@gmail.com)

You can push through this hard time

Good luck,

360gye

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Re: I'm about to FALL!!

Posted by a123456 - 15 Aug 2016 02:25

can i ask are you married

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Re: I'm about to FALL!!

Posted by Markz - 15 Aug 2016 02:30

do you mind sharing your resume first before putting mr gye on a 360 IQ test

Welcome!

Tell us more!

Is this the only thread you bumped on gye?

Have you read about objectification, hardcore pornography, dov quotes...

The night is young, so are you...

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