

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 Teshuvahguy - 29 Sep 2016 16:45

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[Markz wrote:](#)

Or you may laugh at me as others regularly do - what do they see in me?

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Then we can change this thread to

"I'm about to Fall - off my chair with laughter"

NOW I WANT TO MAKE AN IMPORTANT ANNOUNCEMENT

What I'm about to say is VERY DEEP

Many many guys Fall because of self-centered-ness and depression

If they would be falling off the chair with laughter, or better, with positive vibes, they wouldn't be falling...

Markz, I love this. You are so right. I will try to hold on to that thought when I am down.

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Re: I'm about to FALL!!  
Posted by Teshuvahguy - 29 Sep 2016 16:46

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Thanks, Cordnoy. I know I have other issues, and yesterday was hard, but today is better, and I appreciate the community here very much.

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Re: I'm about to FALL!!  
Posted by gibbor120 - 30 Sep 2016 18:48

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Welcome Teshuvaguy! It's nice to have you with us.

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Re: I'm about to FALL!!

Posted by Teshuvahguy - 02 Oct 2016 11:38

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Thanks, G120, it's nice to be here. It's a relief to be able to finally express myself

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Re: I'm about to FALL!!

Posted by shua73 - 13 Dec 2016 05:53

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WWhat should I do if I am on my computer all day for school and I generally don't have porn nagging me in the back of my head. But, I have ADHD and I end up having these attacks where I just want to look at something and I do for a half hour and then it goes away. I'm like addicted to random dopamine rushes. But I am having difficulty figuring out a way to deal with it as when I want to work on it I am not even feeling a tayva for porn.

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Re: I'm about to FALL!!

Posted by Singularity - 13 Dec 2016 08:51

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If you're in the clutches of the tayva, working on it won't help... it's too late.... I think the clean periods are really the time to do the *hishtadlus*. Then when the test happens, you've built up a strong reserve.

And for the computer issue. Can you take a laptop and go work in a park / coffee shop?

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Re: I'm about to FALL!!

Posted by shua73 - 13 Dec 2016 15:12

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[Singularity wrote on 13 Dec 2016 08:51:](#)

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periods are really the time to do the *hishtadlus*. Then when the test happens, you've built up a strong reserve.

And for the computer issue. Can you take a laptop and go work in a park / coffee shop?

I never fall on my computer. I fall on my wife's computer and have fallen on my phone. I don't generally get a tayva to view pron just like that. I want to see something that is marginally innnapropriate and from there I get worse and worse. But my question is regarding what you said about building reserves. how would you do that and what do you mean?

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Re: I'm about to FALL!!  
Posted by cordnoy - 13 Dec 2016 16:48

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[shua73 wrote on 13 Dec 2016 15:12:](#)

[Singularity wrote on 13 Dec 2016 08:51:](#)

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Work on bettering yourself.

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Re: I'm about to FALL!!

Posted by Singularity - 14 Dec 2016 09:35

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[cordnoy wrote on 13 Dec 2016 16:48:](#)

[shua73 wrote on 13 Dec 2016 15:12:](#)

[Singularity wrote on 13 Dec 2016 08:51:](#)

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Work on bettering yourself.

R' Shimshon Pincus explains it's reality to have ups and downs. But the chiddush is the down period begins at the peak of the up period, because we believe all is good and therefore no need to ask Hashem for stuff. So if, in the up periods, our mentality is still that of asking for more, being better, etc, like cordnoy said, then that "up" will be a new "down" and you won't have to go lower, only higher.

It heavily reduces the real down periods, the urges, etc. Good things *can* last. We have it in our minds it must come crashing down at some point.

Why?

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Re: I'm about to FALL!!  
Posted by Markz - 14 Dec 2016 14:24

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Sing' please see [here](#) for my response

In essence that's the point of this thread

We are all "about to fall". It's inevitable. Unless we keep climbing the mountain and try keep a few feet away from the cliff.

The only way I see most of us accomplishing that is if we hold together with calls / text / email / meetings etc

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Re: I'm about to FALL!!  
Posted by Shlomo24 - 14 Dec 2016 14:35

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[Markz wrote on 14 Dec 2016 14:24:](#)

Sing' [here's](#) my response which in essence is the point of this thread

We are all "about to fall". It's inevitable. Unless we keep climbing the mountain and try keep a few feet away from the cliff.

The only way I see most of us accomplishing that is if we hold together with calls / text / email / meetings etc

But when we fall, we fall into God's hands.

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Re: I'm about to FALL!!  
Posted by cordnoy - 14 Dec 2016 21:59

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Although most of my life I lived with the concept that there is ?????? ?????? for all of us, lately, my thoughts have been that we need to deserve it. We must enter the inner circle of the doers, not the helpers. Helpers can be easily replaced.

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Re: I'm about to FALL!!  
Posted by Singularity - 15 Dec 2016 09:39

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[cordnoy wrote on 14 Dec 2016 21:59:](#)

Although most of my life I lived with the concept that there is ?????? ?????? for all of us, lately, my thoughts have been that we need to deserve it. We must enter the inner circle of the doers, not the helpers. Helpers can be easily replaced.

??? ??????.....

True. I mean, if a person never changes, it's *Assur* to have *rachamim* for him, no? So why would Hashem?

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Re: I'm about to FALL!!  
Posted by cordnoy - 15 Dec 2016 19:36

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[Singularity wrote on 15 Dec 2016 09:39:](#)

[cordnoy wrote on 14 Dec 2016 21:59:](#)

Although most of my life I lived with the concept that there is ????? ????? for all of us, lately, my thoughts have been that we need to deserve it. We must enter the inner circle of the doers, not the helpers. Helpers can be easily replaced.

??? ?????.....

True. I mean, if a person never changes, it's *Assur* to have *rachamim* for him, no? So why would Hashem?

That's only said on a shoteh, and even there, I don't know what it means.

Regardless, I don't understand your comparison. God doesn't abide by our rules (Although there are *maamarei chazal* which say that He observed Shabbos); they are His rules.

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