

GYE - Guard Your Eyes

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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 stillgoing - 30 Dec 2016 05:54

What's up?

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Re: Im about to FALL!!

Posted by Hashem Help Me - 30 Dec 2016 06:02

I have been doing bh pretty good but now my wife got her period and the urge to masturbate is overwhelming. HELP

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Re: Im about to FALL!!

Posted by A.h - 30 Dec 2016 09:14

First of all DO NOT enter in a a nissaion. Don't use any electronic device without a proper filter, and don't touch in any place near your bris milah. And when you feel that is to hard to continue struggling

, go for a walk or listen classic music, maybe you can relax a bit.

I know that you can win this battle.Don't give up, you're a nice person.

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Re: Im about to FALL!!

Posted by Workingguy - 30 Dec 2016 14:41

You know something I'm learning? The urge will pass. If you focus on it, it won't necessarily. But not every time that you're hungry do you go running out to get a bite- you just put it off for later.

Your wife will be back, and tell me-don't you want to feel like you're focusing your sexual desires on her? Think about how much better you feel when you're with your wife knowing that you don't use other outlets or haven't recently.

All that I said often doesn't work, but it sometimes does. Right now a big deterrent for madturbation for me is that I can actually feel beforehand how bad it will feel after, so it's not worth it. Doesn't mean I won't tomorrow, but right now I won't because of that reason.

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Re: Im about to FALL!!

Posted by Hashem Help Me - 30 Dec 2016 18:46

Thanks for your support! So far so good. BH pulled thru. Good Shabbos

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Re: Im about to FALL!!

Posted by cordnoy - 01 Jan 2017 06:58

[Hashem Help Me wrote on 30 Dec 2016 06:02:](#)

I have been doing bh pretty good but now my wife got her period and the urge to masturbate is overwhelming. HELP

Was this her first period?

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Re: Im about to FALL!!

Posted by Hashem Help Me - 02 Jan 2017 12:19

No I suffer like this each time BH made it thru this time

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Re: Im about to FALL!!

Posted by cordnoy - 02 Jan 2017 12:28

[Hashem Help Me wrote on 02 Jan 2017 12:19:](#)

No I suffer like this each time BH made it thru this time

Her period time lasted two days?

Seems like you need some constructive, productive tools.

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Re: Im about to FALL!!
Posted by Hashem Help Me - 02 Jan 2017 13:54

its just the first day that i went nuts now i am bh ok in the past i didnt get past day one

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Re: Im about to FALL!!
Posted by cordnoy - 02 Jan 2017 14:15

So what can be done for the next time?

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Re: Im about to FALL!!
Posted by Hashem Help Me - 02 Jan 2017 17:44

I really appreciate your interest in my success I think its an ingrained obsession that i have to keep telling myself is a lie I dont HAVE TO have sex or masturbate Do you have any eitzos if this impulsive panic hits aagain?

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Re: Im about to FALL!!
Posted by Markz - 02 Jan 2017 17:47

There are tools...

Have you seen a therapist as I do...

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Re: Im about to FALL!!
Posted by cordnoy - 03 Jan 2017 03:43

[Hashem Help Me wrote on 02 Jan 2017 17:44:](#)

I really appreciate your interest in my success I think its an ingrained obsession that i have to keep telling myself is a lie I dont HAVE TO have sex or masturbate Do you have any eitzos if this impulsive panic hits aagain?

My pleasure.

Il don't really know what panic attacks are.

I needed someone else to help mel figure out what it might be that I was searchin' for (yes, it was porn smart alek! But why?). And then, how to prevent that.

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Re: Im about to FALL!!
Posted by Singularity - 03 Jan 2017 09:14

[Hashem Help Me wrote on 02 Jan 2017 13:54:](#)

its just the first day that i went nuts now i am bh ok in the past i didnt get past day one

I once fell *erev Mikveh* night... later I broke down in tears in front of my one-year-old while waiting for my wife's return.

It was nasty.

Work it one day at a time. May you be successful.

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