

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 MosheS - 20 Apr 2017 00:51

Thanks guys.

bh I made it clean. Was feeling very vulnerable. Went for a walk without any electronics. Just me myself and I.

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Re: I'm about to FALL!!

Posted by Singularity - 20 Apr 2017 07:49

[MosheS wrote on 20 Apr 2017 00:51:](#)

Thanks guys.

bh I made it clean. Was feeling very vulnerable. Went for a walk without any electronics. Just me myself and I.

Good on you!

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Re: I'm about to FALL!!

Posted by breakfreegye - 07 Jun 2017 14:26

I have really been struggling the past couple of days. I have had trouble sleeping and I am really tired. In addition my wife has been unavailable for a number of weeks following a miscarriage. I dont find myself struggling with desire to look at inappropriate material very often but these conditions are making it very difficult.

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 07 Jun 2017 17:47

Very understandable. Exhaustion, and the trying situation of the wife being unavailable are recipes for challenge. Couple that with a little anxiety and the nisayon grows. What works for me at such a matzav is vigorous exercise, speaking to someone who has dealt with this before, finding things that can distract me, and davening. You can pull through b'ezras Hashem

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Re: I'm about to FALL!!

Posted by Dov - 22 Jun 2017 16:17

[breakfreegye wrote on 07 Jun 2017 14:26:](#)

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tired. In addition my wife has been unavailable for a number of weeks following a miscarriage. I don't find myself struggling with desire to look at inappropriate material very often but these conditions are making it very difficult.

Exercise is often great and can help - but it is no solution. Sex w your wife is often great and can help - but it is no solution. Finding things that will distract you is often useful and can help in some limited situations - but it is no solution. Davening is often great and can help - but it is no solution.

(Earlier this month) Your wife recently had a miscarriage.

Are you hearing the solution yet?

There is 'an elephant in the room'. Have you gotten closer to her since the miscarriage? How much closer? The closer you get with her, the **LESS** you will need sex. Love - real love - kills lust. Sexaholics know this, experience it, and it works. Though you are probably not an addict, this path can still work for you and it can start to really solve a great deal of your problem.

Exercising, davening, distracting yourself...gevalt. Your wife may have just had deep hopes dashed, blood coming out of her where a baby should have, and who knows what fear and sadness are coursing through her for the past few weeks (I do not know her personal state and issues around the miscarriage, but the above is pretty normal, though many women do not admit it especially to men). You may have talked w her a lot - but if the sex is bothering you, that probably means you may not have talked w her *enough*. Not gotten deep with **both** of your feelings yet.

I am not faulting you for having selfish sexual desire, Good L-rd no. I have that plenty of that, too. But the miscarriage is a unique opportunity to get **closer** instead of running away deeper into your sex-starvedness, and demanding nature that we all suffer with. May Hashem help you, me, and all of us use every one of these opportunities to grasp onto the real solutions to life's problems, the greatest of which is our own ego and neediness. Hatzlocha reaching out to her more than ever before and letting this miscarriage bring you closer and really solve your loneliness that sex screams to fill. It worked for my wife and me when that happened to us. It can work for you, too.

Helpful at all?

- Dov

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Re: I'm about to FALL!!

Posted by Shivisi_Hashem - 22 Jun 2017 17:53

[Dov wrote on 22 Jun 2017 16:17:](#)

[breakfreegye wrote on 07 Jun 2017 14:26:](#)

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Thank you Dov,

very useful post..

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Re: I'm about to FALL!!

Posted by botty - 19 Jul 2017 13:55

i am expiriencing some difficulties these days:

i learn software engeeniring, and we have a month of exams. each week has 1 exam. and the problem is that after the exam i feel like ?????? ???.

and its pretty hard. i fell last thursday 12/07/017. and also 11 days before. fall=only MZL no bad movies BH.

my usual streaks are like few weeks.

what 2 do in order 2 be stronger? i dont wanna use tapshic method..

thanks

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Re: I'm about to FALL!!

Posted by Markz - 19 Jul 2017 14:40

Brother you a long timer with us

What tools have you discarded, what are you willing to try?

Spoken to Dov recently?

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Re: I'm about to FALL!!

Posted by 360gye - 19 Jul 2017 16:44

It sounds to me that you are anticipating a fall after every exam, just take it one day at a time. What helps me when I'm triggered is to reach out to my network of people(by email or whatsapp) and talk it out with them

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 19 Jul 2017 18:07

Call someone when you need chizuk.

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Re: I'm about to FALL!!

Posted by dms1234 - 19 Jul 2017 20:13

Exam time used to be brutal for me. Lots of masturbation to cope with the stress. I just couldnt survive without it. Im grateful that i dont need to resort to masturbation to cope with my stress anymore.

If you want to chat: dms1234ongye@gmail.com

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Re: I'm about to FALL!!

Posted by botty - 19 Jul 2017 20:57

i dont fall after every exam, but like after 2-2.5 weeks average...

i used only the 90days chart and chizuk emails.

i guess i need to find some1 to talk with always when i feel week...

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Re: I'm about to FALL!!

Posted by 360gye - 19 Jul 2017 21:10

Feel free to email me at 360gye@Gmail.com

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Re: I'm about to FALL!!

Posted by Needtoclearmyhead - 13 Aug 2017 21:09

I just signed up for this although I've been considering it for a week or so.

I just had a meeting with a married woman.

I'm sure she is very frum and well meaning but from different circles.

W/o details I saw more than I can see outside of the internet or wife.

She wasn't even that pretty, just in my office for an hour and I am disturbed.

I so much want to just watch porn I'm going nuts.

I have loud jewish music and I'm talking about it will help.

I really had enough of shmutz.

RH/YK is coming and this year I went 10 years backwards

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