

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

=====

Re: I'm about to FALL!!

Posted by bardichev - 13 Jan 2010 21:03

---

Hey there are no absolutes

Why is it "only" one or the other

Try both for a small bite sized 30 minute period

=====

Re: I'm about to FALL!!

Posted by penitent - 13 Jan 2010 21:03

---

anyone else? I know for myself, when I am able to be with my wife, the porn isnt the issue, sometimes I would M\*\*\*\*\*e though. I am thinking both, but just wondering your thoughts.

=====

=====

Re: I'm about to FALL!!

Posted by penitent - 13 Jan 2010 21:06

---

Reb Bard, you're too profound for me. Please explain. My mind cant think too hard. Its been a long day.

=====

=====

Re: I'm about to FALL!!

Posted by bardichev - 13 Jan 2010 21:15

---

WHAT IM TRYING TO SAY IS

WHY DOES IT HAVE TO BE ONLY ONE OR THE OTHER

WHY NOT

TRY TO REFRAIN FROM BOTH

FOR AT LEAST 1 HALF HOUR

AND THAT WILL GIVE U THE STRENGTH TO DO ANOTHER HALF HOUR ETC...

=====

=====

Re: I'm about to FALL!!

Posted by lamed vavnik - 13 Jan 2010 21:17

---

[silentbattle wrote on 13 Jan 2010 18:10:](#)

I know that when I'm dealing with stress, relaxation breathing techniques help relax me...are you familiar with any of them?

none . enlighten me.

=====  
=====

Re: I'm about to FALL!!

Posted by bardichev - 13 Jan 2010 21:18

---

[lamed vavnik wrote on 13 Jan 2010 21:17:](#)

[silentbattle wrote on 13 Jan 2010 18:10:](#)

I know that when I'm dealing with stress, relaxation breathing techniques help relax me...are you familiar with any of them?

none . enlighten me.

WOODFORD RESERVE

=====  
=====

Re: I'm about to FALL!!

Posted by me - 13 Jan 2010 21:35

---

Bardichev,

Just a quick question:

Have you ever written to Battleworn?

If you have, do you call him Battleworn or Bottle Worn?

Just wondering.

=====

Re: I'm about to FALL!!

Posted by bardichev - 13 Jan 2010 21:46

---

HEY WHAT DOES BATTLEWORN HAVE WITH MY DRINKING??

BUT YOU ARE ON TO SOMETHING OR IS IT SOME THING??

HMM

IS IT WOODFORD OR WOOD FORD?

HERE IS THE FINAL QUESTION

GUE OR GYE?

KOT BUDYYY GEVALDIGGGGGGGGGGGGGGG!

=====

Re: I'm about to FALL!!

Posted by lamed vavnik - 13 Jan 2010 22:00

---

oh how i wish it were that easy . i would follow your advice ,but it would cost me a lot more than a bottle of wood()ford .

=====

Re: I'm about to FALL!!

Posted by silentbattle - 13 Jan 2010 23:12

---

[lamed vavnik wrote on 13 Jan 2010 21:17:](#)

[silentbattle wrote on 13 Jan 2010 18:10:](#)

I know that when I'm dealing with stress, relaxation breathing techniques help relax me...are you familiar with any of them?

none . enlighten me.

You can do this no matter where you are - you can even do it while standing, walking, or driving. The easiest way to do it, though, is when you're either sitting or lying down, and you can close your eyes.

Now, breathe slowly, in through your nose, and out through your mouth (well, mouth and nose, just exhale). Now, here's the key - usually, when we take a deep breath, we breathe into our chest, expanding our chest. When we do that, though, our body naturally speeds up, becoming more tense.

Instead, keep your chest level, and breathe into your stomach (well, not really into your stomach, but it'll look like your stomach is expanding). Take slow breaths, and do this for several minutes. As you breathe out, each time, you should start to feel yourself relaxing, bit by bit...

Try to keep your mind relaxed and blank...if unwanted thoughts come in, don't push them out, just let them slide away...

Hope that helps!

=====

Re: I'm about to FALL!!

Posted by Gabe - 14 Jan 2010 04:55

---

[silentbattle wrote on 13 Jan 2010 23:12:](#)

[lamed vavnik wrote on 13 Jan 2010 21:17:](#)

[silentbattle wrote on 13 Jan 2010 18:10:](#)

I know that when I'm dealing with stress, relaxation breathing techniques help relax me...are you familiar with any of them?

none . enlighten me.

You can do this no matter where you are - you can even do it while standing, walking, or driving. The easiest way to do it, though, is when you're either sitting or lying down, and you can close your eyes.

Now, breathe slowly, in through your nose, and out through your mouth (well, mouth and nose, just exhale). Now, here's the key - usually, when we take a deep breath, we breathe into our chest, expanding our chest. When we do that, though, our body naturally speeds up, becoming more tense.

Instead, keep your chest level, and breathe into your stomach (well, not really into your stomach, but it'll look like your stomach is expanding). Take slow breaths, and do this for several minutes. As you breathe out, each time, you should start to feel yourself relaxing, bit by bit...

Try to keep your mind relaxed and blank...if unwanted thoughts come in, don't push them out, just let them slide away...

Hope that helps!

Another good idea is to download hypnosis audio tracks. You can download the ones that deal specifically with stress, but really any will do. They are really relaxing.

=====

====

Re: I'm about to FALL!!

Posted by Kollel Guy - 14 Jan 2010 07:56

---

[Halevi wrote on 14 Jan 2010 04:55:](#)

Another good idea is to download hypnosis audio tracks. You can download the ones that deal specifically with stress, but really any will do. They are really relaxing.

I'm always terrified that they shtam from some kind of hindu Avodah zara.

=====

====

Anybody there?

Posted by Momo - 14 Jan 2010 08:02

---

I'm not feeling spiritually at all. Under a lot of pressure. Alone in the office with the Net.

Can somebody please write me?

Thanks.

=====

====

Re: Anybody there?

Posted by Tomim2B - 14 Jan 2010 08:05

---

Wanna give me a call? E-mail me at [Tomim2B@gmail.com](mailto:Tomim2B@gmail.com), and I'll give you a number you can reach me on.

2B

---



=====

=====