

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 Kollel Guy - 14 Jan 2010 08:10

[Momo wrote on 14 Jan 2010 08:07:](#)

10x!

What?

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Re: I'm about to FALL!!

Posted by Momo - 14 Jan 2010 08:12

I was thanking 2B for offering to give me his phone number.

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Re: I'm about to FALL!!

Posted by lamed vavnik - 17 Jan 2010 20:47

[Kollel Guy wrote on 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.

audio tapes i don't know about but relaxation techniques are totally Ok. we have a long mesoirah al pi kaballah for focused thinking (meditation).

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Re: I'm about to FALL!!

Posted by lamed vavnik - 17 Jan 2010 20:49

[Halevi wrote on 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.

hey thanx!

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Re: I'm about to FALL!!

Posted by silentbattle - 17 Jan 2010 21:03

Hope it helps...feel free to PM me to discuss further.

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Re: I'm about to FALL!!

Posted by WeWillNotBeForsaken - 17 Jan 2010 23:56

Just wandering if anyone is around for some words of advice.

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Re: I'm about to FALL!!

Posted by Gabe - 18 Jan 2010 00:36

[WeWillNotBeForsaken wrote on 17 Jan 2010 23:56:](#)

Just wandering if anyone is around for some words of advice.

Hang in there, mate! You've worked too hard and for too long to stop now.

I hate asking for (mushy) stuff like this - but feeling really weak these days.

If you're really feeling the pinch, I want you to close your eyes and meditate for a few minutes on how you would feel AFTER having acted out. Meditate on the feelings of shame and remorse. On how you have to reset your count to zero and on how all the momentum you had gathered, from all the hours spent on this website, has come to an abrupt halt. Imagine how unhappy and disappointed with yourself you would feel - how powerless and small. Meditate on all of those things and resolve that no matter what, you are not going to put yourself through that because it's not worth it and you owe it to yourself to stay strong.

Don't give in!!!

G-d bless.

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Re: I'm about to FALL!!

Posted by silentbattle - 18 Jan 2010 00:44

Please remember how good it feels when you walk away from the illusion - and remember, that it ***IS*** an illusion.

The yetzer hora wants to tell you that giving in will feel SOOOO good, but you know that you'll feel so much happier if you do what's right. You've felt it. What will keep you smiling?

You know he's lying to make a sale...laugh in his face and slam the door!

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Re: I'm about to FALL!!

Posted by WeWillNotBeForsaken - 18 Jan 2010 01:37

sigh.

thanks

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Re: I'm about to FALL!!

Posted by Ineedhelp!! - 18 Jan 2010 01:40

Hey WeWill!

You take it one moment at a time. Dont look too far ahead. You are doing great I can tell. Its normal to have these feelings. Think about it YOU ARE 17 DAYS CLEAN! Thats really amazing. Now go build a connection with somone. Do a random chesed. Build a connection with Hashem.

If you need any gchat time send me a PM or email me

-Yiddle

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Re: I'm about to FALL!!

Posted by silentbattle - 18 Jan 2010 01:42

Hey - WWNBF - how're you doing, bro?

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Re: I'm about to FALL!!

Posted by WeWillNotBeForsaken - 18 Jan 2010 01:49

Hangin in there. :-\ I think I am saved (for now) once again by you guys.

Thanks all for your moral support!

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Re: I'm about to FALL!!

Posted by silentbattle - 18 Jan 2010 01:54

Glad to here it...you inspire me!

I suspect that you inspire all of us, having the strength to speak up and ask for help - that's the red button, and it takes a lot of strength!

Wow! I'm honestly astonished at how amazing you are!

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Re: I'm about to FALL!!

Posted by shemirateinayim - 18 Jan 2010 03:01

There's an old chinese saying "if it's worth saying once, it is worth saying twice" I personally hold it to be stupid, since some things must be said once, and only quickly, in-passing. But I posted this on silent battles thread:

With every urge that you overcome to not watch a video, you get a schar EQUAL to every dollar pumped into the industry. Every hour and ounce of talent, creativity, humor, and artistic design!!

With every urge you overcome not to look at p__n, you get schar EQUAL to all the effort, talent,

money, creativity, and hours of photo-shoots that goes into the GLOBAL INDUSTRY.

And you get a level of kedusha equal to the tumah.

Everyone that gets to 90 days, is truly a tzaddik. If we only worked on our other areas (LH, Emmes, Halacha) this SA forum would be full of tzaddikim!!

Source: R tzadok in tzidkas Hatzaddik

Interestingly I once heard a mp3 shiur from R Nissin Kaplan on kabalas hatorah. He started off with the words from ma'ariv

"Ki hem chayeinu. Veorech Yameinu. Uvahem Nehgeh Yomam Valayla...

"Ki hem chayeinu. Veorech Yameinu. Uvahem Nehgeh Yomam Valayla...

"Ki hem chayeinu. Veorech Yameinu. Uvahem Nehgeh Yomam Valayla "

These words burnt so deeply into me that i still hear them in my ears every time I take the time to read the words slowly. And that was on a MP3!!

I also had version "b" of the shiur, which was apparently given later that night, I guess some people couldn't be there for it, so he gave it twice ?? Nut when he tried to say it, with the same pauses, it was meaningless, and he gave-up after only two recitals. No some things LOOSE their potency when said twice. Just an idea I wanted to share.

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