

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: Im about to FALL!!

Posted by Sturggle - 06 Sep 2009 06:48

---

coby,

i know a few hours have passed. i dont know how theyve been for you. why dont you share with us? post here, in your thread...

we appreciate your honesty, your authenticity and we accept you and love you no matter what...

=====

Re: Im about to FALL!!

Posted by coby613 - 06 Sep 2009 10:22

---

i called my best friend and told him about the issues i was having over shabbos. he told me that

past is past and theres nothing i can do about it except tshuvah. i tried to explain to him that i do every day for my past feelings and actions, but i still feel guilty about the molestation, that it was my fault and the aftereffects were all intentional (which they pretty much were). he instructed me to write three good things about myself and one negative thing. ive been told to do that dozens of times, and never was able to come up with a good trait.

=====

Re: Im about to FALL!!

Posted by the.guard - 06 Sep 2009 10:42

---

Perhaps THE biggest Yesod in beating this addiction is recognizing that we only have TODAY. Eileh Hamitzvos asher anoichi mitzavecha HAYOM.

ANI HAYOM YILIDITICHA - YOU WERE BORN TODAY. WHAT WILL YOU DO TODAY??

=====

Re: Im about to FALL!!

Posted by chl - 06 Sep 2009 11:30

---

bs"d

[coby613 wrote on 06 Sep 2009 10:22:](#)

and never was able to come up with a good trait.

i also felt like that very often, until one night after i told HaShem (again) that there is zero good in me, i suddenly had to think about what if someone on this forum was helped by something that i wrote.

That thought hit me, and i had to stop walking. I realized then that (at least for me) the essence of yiddishkayt is to help others.

And you, just by posting, are doing exactly that. I just wrote Habib earlier that through her (and miri's) thread i was inspired to come to the forum, which completely transformed me into a better person which affected my wife (and everyone else around me) for the better; like a snowball effect.

The power of one word can save not just the person who's reading it but even help others as well!

So thank you for posting and sharing your story with us.

=====

Re: Im about to FALL!!

Posted by Kedusha - 06 Sep 2009 14:40

---

[coby613 wrote on 06 Sep 2009 10:22:](#)

i called my best friend and told him about the issues i was having over shabbos. he told me that past is past and theres nothing i can do about it except tshuvah. i tried to explain to him that i do every day for my past feelings and actions, but i still feel guilty about the molestation, that it was my fault and the aftereffects were all intentional (which they pretty much were). he instructed me to write three good things about myself and one negative thing. ive been told to do that dozens of times, and never was able to come up with a good trait.

Being molested was not your fault, and the after effects are quite understandable.

=====

====

Re: Im about to FALL!!

Posted by Me3 - 06 Sep 2009 14:54

---

Nothing good about you?

Besides being not possible in its own right, just read the recent post on the forum (I forget where, struggle - maamer makom?) where he credits you, YES YOU for inspiration!

So how about writing that down.

me3

=====  
=====

Re: Im about to FALL!!

Posted by Dov - 06 Sep 2009 19:50

---

[Me3 wrote on 06 Sep 2009 14:54:](#)

Nothing good about you? Besides being not possible in its own right...me3

...and you Coby613 wrote, "he instructed me to write three good things about myself".

Here is something counterintuitive, that actually works for me:

If writing down positive things about *yourself* is not working yet, you may already be too focused  
??? Here is a remedy that  
works quickly (a week or less) for me: please consider mainly writing positive things about *other people*.

(and me!)

Meaning, it is often more effective for a person who is tied in a "selfknot" to *drop* direct self-assessment and move on instead to practicing seeing the good in others. And they've got plenty. Often we are able to percieve the good in others because we are so practiced at feeling inferior! But, no matter. It still turns the tables on our nuttiness, though, because it can open up more honest self-appraisal to you, automatically. It may also be the opportunity you have for focusing on the real extent of positive goodness there is in people around you. We who are so rough on ourselves, as you obviously are (sorry), are often quite rough on others in our sometimes bitter hearts even while we compare and feel inferior to them! (You can see some of this stuff inbetween the lines of the Igeres haRamban, too.)

The whole goofy cycle may get ripped wide open for you now and lead you to some more sanity. And that is really precious, no?

Let me know what happens if you actually try it, OK?

Love,

Dov

=====

Re: Im about to FALL!!

Posted by cleareyes613@gmail.com - 06 Sep 2009 20:46

---

Reb Dov,

I'm speechless. Your insights, ideas, and tips are simply amazing!!!!

=====

Re: Im about to FALL!!

Posted by battleworn - 07 Sep 2009 15:00

---

[dov wrote on 06 Sep 2009 19:50:](#)

[Me3 wrote on 06 Sep 2009 14:54:](#)

Nothing good about you? Besides being not possible in its own right...me3

...and you Coby613 wrote, "he instructed me to write three good things about myself".

If writing down positive things about *yourself* is not working yet, you may already be too focused  
??? Here is a remedy that  
works quickly (a week or less) for me: please consider mainly writing positive things about *other people*.

(and me!)

Meaning, it is often more effective for a person who is tied in a "selfknot" to *drop* direct self-assessment and move on instead to practicing seeing the good in others. And they've got plenty. Often we are able to perceive the good in others because we are so practiced at feeling inferior! But, no matter. It still turns the tables on our nuttiness, though, because it can open up more honest *self*-appraisal to you, automatically. It may also be the opportunity you have for focusing on the real extent of positive goodness there is in people around you. We who are so rough on ourselves, as you obviously are (sorry), are often quite rough on others in our sometimes bitter hearts even while we compare and feel inferior to them! (You can see some of this stuff inbetween the lines of the Igeres haRamban, too.)

The whole goofy cycle may get ripped wide open for you now and lead you to some more sanity. And that is really precious, no?

on yourself to do yourself any good. That does happen, you know. :  
Let me know what happens if you actually try it, OK?

Love,

Dov

To heck with you.

Reb Dov this is gevaldig. The whole problem in the first place comes from this misguided self-assessment. We get so wrapped up in our self, and we're forever desperate. Some people think that it's a Mitzvah - cheshbon hanefesh. Oy gevald, if only we get out of our self a bit, life becomes so much better. In the Hakdomoh to Nefesh Hachaim it says that R' Chaim Volozhiner would always tell his children that a person wasn't created for himself, rather to help others. The Chazon Ish says that if you are trying to help someone and someone else beats you to it, there's no place for disappointment. Because your focus should be only on the needs of the person and not at all on your opportunity to do a mitzvah.

R' Tzvi Meir speaks about this a lot by the "highest" shmusen of the year. (Like before shofar on R"H etc.) One of those times is motzei purim. On one motzei purim he explained that depression comes from being wrapped up in yourself and if you open your heart to everyone else then you will reach real simcha. Another motzei purim he was screaming on and on how we should do every mitzvah "B'sheim kol yisroel" not thinking about ourself at all. That shmues changed my life. I used to say the words "B'sheim kol yisroel" beforehand, but in that shmues he drilled in to me how to really mean it.

He always says ?????? ??? ????? ?? ????? The key to growing is to go out of yourself. Addicts are pathetically obsessed with themselves. I think that -for an addict- trying to find good things about yourself is like someone once said "fighting an army with a pea-shooter".

I am by nature very very introspective. Also very self-conscious and introverted. So for many years I was extremely wrapped up in myself. And of course I had a rotten self image. What changed my self image was that I finally realized that my actions don't define me. (Kal vochomer what other people think about me) I realized that my very essence is the *shlichus* that I was created for. When a *shliach* of a great person comes in to a place and someone asks "Who's that?" The answer is "He's the shli'ach of R' Elyashuv" That's what counts- that's who he IS. Our whole existence is as a *shliach* of Hashem. Our very essence is a representative of Hashem and as R' Tzvi Meir says ??????? ?????? ?? ??? ??????

But as long as we get wrapped up in self pity/self assessment/self blame/self gratification then we will always keep needing self distraction.

=====  
=====

Re: Im about to FALL!!

Posted by coby613 - 07 Sep 2009 18:32

---

good ideas, thanks. sorry i havent been on in a while, ive been extremely busy. i saw some friends yesterday and hung out with them for a couple hours, but i got sad again when i came back. i had some disturbing dreams last night that kinda scared me so i dont know what to do with that. maybe someone can discuss this stuff over email, as it is kinda off topic?

=====

====

Re: Im about to FALL!!  
Posted by Someone - 07 Sep 2009 20:43

---

I am hardly the right person - but if no-one else volunteers, you can find my e-mail address on my profile. In case it is hidden Ill send you a message.

Hope you are doing alright.

=====

====

Re: Im about to FALL!!  
Posted by jerusalemsexaddict - 08 Sep 2009 10:13

---

k im falling as we speak....

=====

====

Re: Im about to FALL!!  
Posted by battleworn - 08 Sep 2009 10:17

---

Uri give me a call first!

=====

====

Re: Im about to FALL!!  
Posted by jerusalemsexaddict - 08 Sep 2009 10:19

---



---

i cant

sorry

=====

=====