

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 Tomim2B - 07 Mar 2010 19:25

Check your mail, SE.

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Re: I'm about to FALL!!

Posted by shemirateinayim - 07 Mar 2010 19:41

In SE language: chatting with tamim, TrYiNg123, and yiddle2 right now.....

The hardest part of quitting. is that the Y"H puts me into 'withdrawal'. It gives me Y"H's that I have never encountered b4!! Why does it have to be that at the very point I want to change, I am struck with urges beyond anything I have ever known?

Recently I have slipped in creating accounts, free memberships..... something I have never allowed myself to do. And why? Because I chose to stop. Mybe it's the Y"Hs wasy of putting up one last battle, trying to convince me that I cannot change.

I am VERY VERY sorry. I meant the "zona thing" to be an example of what should be posted on this thread, I didn't even post it as a joke! Thankfully nothing of the sort happened as I have been too busy to touch a computer since thursday night. I am sincerely touched that 4 veterans instantly jumped to save me from the depth of my heart thank you (sorry for the echo 7up, steel mechitzos do that someyime--- even the iron curtain had a door, I wonder why...hmmm)

In english: Gross mis-understanding sorry for the false alarm

but if anyone IS gonna fall this GRAPHIC picture will scare the garbadge out of you, and probably make you vomit...people who do what we do, live with a shiksa, and have to do this to their children from her otherwise don't look at it. (thnx GUARD for the idea)

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Re: I'm about to FALL!!

Posted by 7yipol - 07 Mar 2010 20:59

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Re: I'm about to FALL!!

Posted by Dov - 07 Mar 2010 23:34

[Yiddle2 wrote on 04 Mar 2010 02:56:](#)

Just for the record, Mussar is also not enough to "just read" or "learn". If you dont put into action, you really havent done anything except read it. Lets not be so quick to put away the mussar and Torah, but the 12 steps can be useful nonetheless.

Sorry Yiddle, but if learning (including mussar) for years in yeshivah has not stopped a yid (like me) from doing these crazy horrible things, then it seems poshut to me that for some reason they have **not** been successful at putting them into action and are stuck in the "just reading it" phase. And *informing* them that they need to put it into action is not likely going to be enough. That's all I meant.

In my case, I needed to put **the steps** into action first, in order to learn how to put Torah and Mussar into action in my life. And it took sobriety, time, love, and pain. And more love and more time....

Sorry for giving the wrong impression above, and I hope this helps an "I'm gonna fall"-nick somewhere...

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Re: I'm about to FALL!!

Posted by shemirateinayim - 07 Mar 2010 23:38

Now that we have finished correcting all previous posts....can we use this thread for it's intended purpose?

And I didn't see that wink, remember, I don't look at women! Let alone in their eyes!!!!

Back to tachlis: Use this thread when you are in the middle of a nissayon, and watch people jump to your aid!

Who wants to give it a test run?

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Re: I'm about to FALL!!

Posted by shemirateinayim - 08 Mar 2010 04:27

for real: SOS SOS SOS SOS

I am gonna slip...then fall.....then regret it

My Y"H is telling me to look at tzanuah pics of sem.which will bring-up picks of shmutz...which will lead to "the obvious"

I could easily implement the 12 steps, but I want to feel enjoyment, I want to feel exited, and veiwing pics is how I taught mself to do it!!

help?

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Re: I'm about to FALL!!

Posted by Ineedhelp!! - 08 Mar 2010 04:59

Hey SE,

PM in gchat or here.

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Re: I'm about to FALL!!

Posted by shemirateinayim - 08 Mar 2010 06:11

Yosef Hatzaddik bailed me out.

thanks yeedle,

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Re: I'm about to FALL!!

Posted by trying123 - 09 Mar 2010 09:43

Dear Holy Friends...

for the past 3-4 hrs. I am twisting and turning in bed...

Extremely aroused sexually...

My heart was pounding and I can't take this build up of tension...

I am twisting this way that way...

trying to avoid doing anything intentional...

but my insides are dying for realeas....

I never had this before, my heart is racing...

I hate this so much.....

Oy

I don't want to do it but how long is this build up going to last....

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Re: I'm about to FALL!!

Posted by Tomim2B - 09 Mar 2010 09:46

Hi Tried-123,

You can catch me on Gmail chat at Tomim2B@gmail.com.

2B

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Re: I'm about to FALL!!

Posted by trying123 - 09 Mar 2010 10:19

to all of you I am taking a break from the forum I think I'm ok for now... thanks to Tomim and 7up

Love to all of you....

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Re: I'm about to FALL!!

Posted by trying123 - 09 Mar 2010 11:58

was advised before by (well someone...) to get out go for a jog...

I did and during that time things calmed down a bit...

I am back and so are my urges...

I don't think I can find the will to restrain myself....

Sorry guys....

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Re: I'm about to FALL!!

Posted by 7yipol - 09 Mar 2010 12:55

I believe in you Tried123.

And know you are trying your best.

Read through the handbooks slowly

and try the advice step by step.

But no matter, what, believe in yourself, and believe in tomorrow.

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Re: I'm about to FALL!!

Posted by the.guard - 09 Mar 2010 14:17

See tool #11 on [this page](#) for a last resort....

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