

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 Dov - 10 Jun 2010 04:31

Oh, no...another megillah...

[DesperateJew wrote on 10 Jun 2010 03:11:](#)

Ahron, you did well. You caught yourself, and stopped!

I'm not sure what you meant that you got disgusted and I surely hope you don't mean with yourself! You, by virtue of being capable of overpowering 'the smart one', can not be disgusting in Hashem's eyes.

Take it easy, and keep it up!

Dear DesperateJew,

The following is purely my own opinion and I do not speak for anyone else and certainly not for GYE:

It is not my practice to criticize, particularly when it is so obvious, as in your comments, that you mean only to be helpful. However I feel it is important to point out that (unless I misread your comments) you are implying to Ahron that *he caught himself*, and that *he is being capable of overpowering the YH*. I see your message as one of encouragement. I have a problem with this that I feel I need to share with you. If you can bear with me, I'd appreciate it.

Now, Ahron said:

[Ahron wrote on 08 Jun 2010 14:25:](#)

Help - i just started to look and **by miracle** i was disgusted by it.... i think i'm going to take a nap i gotta get away. Yesterdays chizuk **i think is helping me** now

Reading his words, I see a fellow who seems ready to give *Hashem all the credit* for the victory - not himself. He also gives credit to his buddies for the chizzuk - rather than declaring *his* new-found power to 'overcome' the YH.

I am sorry if this rubs you the wrong way but everybody is entitled to an opinion, and I want to share mine: I have seen the well-meaning comments some folks give others to "believe in yourself and pat yourself on the back for the clean days you have amassed!", or to be grateful that "you are/were able to beat the YH".

While it seems to be very nice to build up people's self confidence, I have never witnessed this perspective prove helpful to anyone I know, *in the long-run*. And to my mind, the damage done by the ga'avah that "I can make it" would be the nail in my coffin. I speak about addicts, now. When any addict I have met gets fooled that he or she actually has the power to "beat this thing": yotzo scharo b'hefseido. I cannot recall anyone with this attitude staying sober for very long. My guess is that the 'pressure builds up' after a while...where is their power then? I

wonder. It seems an enigma to them: "Well, if I had the power *then* why don't I have it *now*?! If He could help me *then*, why isn't Hashem helping me *now*? Is *he* weaker? Does he not like me as much? Is it because of my aveiros that I do not deserve His help?" This entire self-preoccupied way of thinking leads to painful frustration and even to excruciating *emunah* problems. I have seen it happen here and elsewhere.

Parroting the words, "Well, of course we **mean** that it is 'with Hashem's *help*! That's *obvious*...we are all frum yidden and ma'aminim b'nei ma'aminim here, aren't we?!" is not enough, in my opinion. Actually, I believe that it is meaningless.

We parroted these words all these years - and never stopped. Has being on GYE for a few months or weeks magically given us real *emunah*? We weren't really frum then but we are really frum now? I doubt it. Inspiration will only help us stay clean *as long as the inspiration lasts*. To me, leaning on the crutch of chizzuk and frantically fanning the flames of chizzuk each day is just delaying the inevitable - waiting for the other shoe to drop. At least that is how it'd be for *me*. This is not a game in many cases. In my case and that of many others, it is a battle to save our minds, our marriages, custody of our children, and our jobs, not a matter of only being happy or 'good people'.

We need to do things *very differently* than we were doing them before, if we expect to have a *very different* result. For the addicts among us, I suggest admitting that we have lost the battle and becoming satisfied with *remaining* 'losers' until further notice. **That is**, we remain guaranteed to lose as long as we insist upon going about life **our way**. Addicts who use the 12 steps often discover that they need to surrender to Hashem and to His Will, or they will lose again. That is the 3rd step - and all the ensuing steps are about getting closer to that surrender. BTW, the kavonoh in "Echod" is exactly that: Dying for Him - and then "v'ohavta" is about **giving up** our plans and control of all our ambitions and desires in this life - bad *and* good; our very right to live; and surrendering all our talents, money, and priorities - all to Hashem.

Addicts who take the third step set out to accomplish at least *some* surrender of their egos to Hashem - to save their lives. Cuz this self-abandonment to Hashem is AAs only answer to what you call the YH - self destruction. It seems that AA goes with the 'nuclear option' for problems like addiction. But like I said - if we are to get a different result, we need to go about our lives differently. I do not see "being *more* frum" as significantly different, that's all. We need a radical change in Derech Eretz - in the underlayment for Torah, rather than "more," or "better" Torah - on a time-bomb foundation of insanity. And BTW, this idea is why I first posted on GYE. If I just pass this along to a few of my frustrated fellow yidden, all the late nights posting will be worthwhile!

I respect your opinion should you feel very differently that I do and I know that what works for me will not work for many other people, either. Now, for a good shluff!

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Re: I'm about to FALL!!

Posted by zalmandovid - 11 Jun 2010 03:56

Dov I love you man. Your posts are amazing. I need to abandon my life to Hashem. It's completely letting go on all so called control I have on my life and giving it over to Hashem. It scares the hell out of me to think I am not in control. How can I get rid of this poisonous feeling? Also, how can I feel empowered to change if I have declared powerlessness over this addiction? Lichoiyrah the power is Hashems power. So because I am pwerless and will only lose this battle and continue to lose I MUST MUST MUST realize that hashem is the onw who can overcome it for me. He is the one doing everything alll the time. If so than what am I doing. If he controls everything and I control nothing than what the hell is the point of anything?

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Re: I'm about to FALL!!

Posted by Dov - 11 Jun 2010 04:08

The point of 'anything' is **to try**.

To give up the outcomes to Hashem (cuz that's the way it really is) and to try your butt off.

(Don't worry, it won't *really* fall of...but just in case it *does*, let me know, OK?)

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Re: I'm about to FALL!!

Posted by 1daat - 11 Jun 2010 04:46

Dov, thank you. I needed that

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Re: I'm about to FALL!!

Posted by briut - 11 Jun 2010 13:15

[jewinpain wrote on 11 Jun 2010 12:37:](#)

just dont feel why i shoudl continue, hate the situation i am in & i dont think its fair to hang in for so long w/o seeing results

Look, dear friend, you don't want to fall. I know you don't.

I know this even though I'm thinking about the same thing myself.

But you've got to go back and read your own early posts. (and my recent thread, where I've asked the same questions.)

Don't you see changes? Don't you see more simcha on some level? Don't you see more hope?

I'm not trying to say that things are all fixed. If that was your expectation, then yes it's all been a failure. But if you can see that you are seeing things more clearly, that you see some different pathways available for the future, that you see you're not alone... then you see that your time here has been valuable.

And I'm not saying valuable only about hanging out with the rest of us bozos on this bus. I mean valuable about getting to see that you're not a hopeless case, your situation is not a hopeless situation, and that a 'genuine' marriage with your wife is ... just maybe... a possibility.

They tell me that if we throw this all away for even a day, we've lost something big. (I'm not sure about that, but these folks seem to be right about an awful lot!) So hold onto it (that thought, not that) and keep moving. You've done amazing in having, what, a 4-month clean streak? Keep going a little longer and see what happens.

And just maybe, every time you feel like doing something destructive (like this?) to yourself, you

force yourself to do something NICE to your WIFE instead. This sounds like it has nothing to do with whether you choose to fall or not, but there MIGHT be a connection (yay'oosh?).

Good Shabbos. We love you, man. PM if you like.

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Re: I'm about to FALL!!

Posted by Dov - 11 Jun 2010 15:15

Sometimes when I have felt like things are just not good enough for me (or really suck - often the same, though) and the thought of "why bother staying sober?" popped into my mind, the answer I used was:

"What the hell. I'll stay sober even though it's stupid. I've done stupid things before"

...and I chose to not act out and instead connect up with buddies or whatever it is that I was supposed to be accomplishing. Soon, I either *forgot* about the problem, came to see that it *wasn't* a real problem in the first place, or that the itch came from a deep desire I had to run like hell away from real life.

In sobriety, I found that real life actually gets better miraculously, when I stop running away from it and work on it with trust that He'll work something good out of it eventually. But I do not envy you nor look down on you, friend, as I know your pekk'l is a heavy one, so may G-d bless you with hatzlocha regardless of what you do.

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Re: I'm about to FALL!!

Posted by briut - 11 Jun 2010 15:32

[dov wrote on 11 Jun 2010 15:15:](#)

work on it with trust that He'll work something good out of it eventually. [...] so may G-d bless you with hatzlocha regardless of what you do.

Yep, I'm maskim. Totally. Funny, I was just chatting with a buddy about a similar thought, but with one addition that for me seemed important.

Not only do I need to daven to Hashem for constant "undeserved" (chinam, v'eschanan) favors. I also need to "promise" Him that if he chooses little ole' ME to send them to (rather than other Yidden who forget even to ASK Him), then...

... I PROMISE MY BEST TO USE THOSE GIFTS TO FULFILL STUFF THAT HE (HASHEM) WILL LIKE. (That's in ADDITION to using them to be happy myself, which is one of the things I know He wants by the way....)

It's kinda like when I'm standing on top of five pushkas with one coin - I wanna find the one that I think offers the most "bang per buck." I want His selection to include ME. So the issue becomes, will I really use His favors to do what He wants, as best as I can tell. (Or at least, try to....)

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Re: I'm about to FALL!!

Posted by briut - 11 Jun 2010 17:17

[jewinpain wrote on 11 Jun 2010 16:56:](#)

i am calm now & looking forward to reach another clean day & another clean shabbos

Wow. May it be clean and holy and fun and worthwhile. For you AND the missus and kids.

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Re: I'm about to FALL!!

Posted by Chazak Amenu - 14 Jun 2010 17:18

I am falling! I fell this morning and want to fall again!

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Re: I'm about to FALL!!

Posted by bardichev - 14 Jun 2010 17:50

CA

Get off the floor

Say loud

FELL SHMELL

And keep on trucking

Right where u were

I said get off the floor

NOW!!!

No last looks. No last click. No anyhow down here. N no no

Good boy

Grab the wheel and KOT

B

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Re: I'm about to FALL!!

Posted by Chazak Amenu - 14 Jun 2010 18:06

I couldn't do it! I fell...again! and i am getting behind on work at the same time! I am starting work now and i am majorly depressed but none of it helps!

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Re: I'm about to FALL!!

Posted by bardichev - 14 Jun 2010 18:15

Ha!!!

That is the MO of the YH

He doesn't care about the chet. All he wants is the depression.

B

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Re: I'm about to FALL!!

Posted by WeWillWalk - 14 Jun 2010 22:04

we can't give up now! look what we've accomplished,look where we're going,we're fixing ourselves,we're fixing the world.

we are in charge! we have the power to control ourselves! we can make it!

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Re: I'm about to FALL!!

Posted by zalmandovid - 15 Jun 2010 05:10

i need help.i need to talk to someone. r u there?

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