

I'm About to Slip!

Posted by Kedusha - 29 Oct 2009 14:14

One of the most popular threads on the forum is the "["I'm about to FALL"](#) thread, started by Uri in mid-August. That thread allows forum members to call out for help if they feel that a fall is impending.

The problem is that it's often too late, the reason being that, if a member is about to "fall," he may well have already "slipped" (for the difference between "slipping" and "falling," see [here, rule #8](#)). One reason that it's called "slipping" is that, once we've slipped, it's often a "slippery slope" until we, c"v, fall and, quite often, fall hard.

So, I thought it might be helpful to start a new thread, for those who have not even slipped yet, but are afraid that they're on the verge of doing so. By calling out for help at that point, they may well be able to change course before things start getting totally out of control.

Remember: Just as alcoholics must avoid that first sip, we need to avoid that first slip!

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Re: I'm About to Slip!

Posted by DesertLion - 04 Jan 2010 22:56

That could definitely be a strong trigger for me. All I can say to help is THINK OF THE CONSEQUENCES of falling and ask yourself if it's worth it.

If you say to yourself that it is, then slap yourself, look in the mirror and repeat until you have the correct answer.

TC and don't hit yourself too hard,

DesertLion

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Re: I'm About to Slip!

Posted by humanbeing - 05 Jan 2010 01:11

I'm jittery and anxious...I need to hold out for 6 more hours and I'll complete day 4...I feel so small.

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Re: I'm About to Slip!

Posted by Kedusha - 05 Jan 2010 01:44

\$10 billion dollars is yours if you can make it to the end of today. Well, not really. But I can

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Re: I'm About to Slip!

Posted by Momo - 05 Jan 2010 07:00

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Re: I'm About to Slip!

Posted by habib613 - 05 Jan 2010 07:01

momo, u almost gave me a heart attack!

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guarantee that you'll feel like a million bucks!

Re: I'm About to Slip!

Posted by humanbeing - 05 Jan 2010 17:57

[Kedusha wrote on 05 Jan 2010 01:44:](#)

\$10 billion dollars is yours if you can make it to the end of today. Well, not really. But I can

Yup I do! Thanks for the emergency support - Now that I know your there I hope the next crazy overwhelming felling (or commonly known as Lust Addiction) will be even easier to overcome...thanks for being there - Day 5 is so far so good.

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guarantee that you'll feel like a million bucks!

Re: I'm About to Slip!

Posted by imtrying25 - 05 Jan 2010 20:19

Keep it up HB. BUt try not to focus so much on the addiction. Just keep yourself busy doing good things and the rest will be history. Focusing to much on the addiction makes it sooooooooooooo much harder and usually comes back to haunt us.

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Re: I'm About to Slip!

Posted by humanbeing - 05 Jan 2010 21:24

Wise words

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Re: I'm About to Slip!

Posted by Momo - 06 Jan 2010 08:52

This is not a false alarm!

I'm feeling very antsy (in a bad way).

I need to last at least one more day (today) so I hit the 30 clean day milestone.

HELP!!!

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Re: I'm About to Slip!
Posted by Yosef - 06 Jan 2010 19:57

Hey Momo,

When I feel the way you do right now its really hard to **pick up the phone** and call someone who understands. But *if* you do...you will hear him cry his heart out for you and just for you because he loves you and doesn't want to see you get hurt. I'm telling you...the poison will mamash evaporate!

With Love,

Yosef

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Re: I'm About to Slip!
Posted by Dov - 06 Jan 2010 23:21

You are actually making progress the way it's made, Momo - slowly. It's been a long time since we talked and back then it didn't look so poshut....

But something is changing with you. Something clean, open, andwell, very "Momo-ey"!

Whatever it is, it'd be a shame to turn your back on it - whatever happens to the day-count thingie....

Keep your eye on the *real* prize, get some help, talk to your Eternal Best Friend for another minute and have a l'chayim or something.

The big voice in the back of my mind in sobriety, that drowns out all the worries, resentment, and fears, is the one that whispers (with a smile) in my ear, "Boobaleh, It'll be OK. I don't need your help....".

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Re: I'm About to Slip!
Posted by lamed vavnik - 07 Jan 2010 06:47

i'm Ok momo

i made it thru . had another **dog's in heat** episode yesterday with two couples ,and i forgot . but you know what ? habib helped me the most when she said it'll happen , you just have to deal with it so i went away to a corner and lerned mussar BH' at least they were quiet . but i was heped by other people walking by giving them crazy and angry looks . helped me ssay " its you who's nuts not me!"

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Re: I'm About to Slip!
Posted by aish kodesh - 21 Feb 2010 17:47

a few tips that worked for me that hopefully will help others

1)know your enemy before you confront it ,e.g have a mindset that this is poison for me even if it taste good it will kill me

2)try to remeber this a fight that my life depends on it and if i lose it will cost me dearly .when someone has no choice like drowning in the water he will find the strength that he never imagined he has

3)evrey nesoy n a person gets is from god and he gives him the strength to overcome it you just need to tap in to that super power

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Re: I'm About to Slip!
Posted by Luria - 02 Mar 2010 05:17

Hi guys,

I don't know what to do. B'h I've got myself a good streak going. But I'm waiting to hear back some about big career news in about 2 months and whenever i think about it (e.g. now) I get all nervous and antsy and just feel this automatic urge to start looking at p**n which I've worked so hard on avoiding.

I don't want to fall again. anyone have any chizuk/advice?

Please.

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