

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: Im about to FALL!!

Posted by habib613 - 10 Sep 2009 01:18

tehillim 37:37- i just read whichever perek my siddur opened to

"shmor TAM u re'eh yashar, ki acharit le ish shalom"

no coincidence

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Re: Im about to FALL!!

Posted by Tomim2B - 10 Sep 2009 01:37

I don't get it. My mind has been one big mess the past few days. In a sense, I want something involuntary to happen so I don't need to take responsibility for it and call it a fall. Everything is just so hazy right now and I can't think straight. I wish I could pull myself out of it.

Habib, thank you for saying *tehillim* for me. While it's still burning strong, my temptation is beginning to subside.

2B

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Re: Im about to FALL!!

Posted by Tomim2B - 10 Sep 2009 01:49

I'm gonna go find someone I can help. It might be the only way I can get my mind to stop focusing on myself, my needs, and my desires.

2B

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Re: Im about to FALL!!

Posted by letakain - 10 Sep 2009 01:50

i'm going to say *tehillim* for you 2. as much as your GYE family cares about you, CARE ABOUT YOURSELF! tell the y''h to get out NOW! have a conversation with him and explain to him why you simply are not able to comply with his wishes. you are not available now.

i hope your ok! b strong! you can do this! read a thread for chizzuk! get busy with something! we're rooting for you!

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Re: Im about to FALL!!

Posted by habib613 - 10 Sep 2009 01:54

it's really hard to stop, i know. it's also really hard to not start.

and i'm really proud that you're ok.

be'ezras Hashem you'll make it through tonight, and tomorrow will be a whole new day.

that's a good idea
(sometimes I wonder if all you guys realize what tzaddikim you are. just a thought)

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Re: Im about to FALL!!

Posted by Tomim2B - 10 Sep 2009 02:36

To those who are in favor of having a conversation with the y"h, I wouldn't know what to say. Every time I get him in a conversation, he starts pushing his weight around and things always go his way. I think I'll stay away from that right now. I just have 2 words for him... and it aint "Happy Birthday!".

Thank you both; things are starting to settle down and I'm slowly gaining back control.

I'm happy that you both kept your boundaries and didn't message me even though my email address is in the open and you might have been able to respond faster. I wasn't expecting you to contact me that way.

2B

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Re: Im about to FALL!!

Posted by letakain - 10 Sep 2009 02:47

i once heard from rabbi shafier on theshmuz.com that you shouldn't get into a conversation with the y"h. you're right. He said to just tell him that your not talking to him. he's in chairem. Good bye!

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Re: Im about to FALL!!

Posted by habib613 - 10 Sep 2009 03:00

you're right.

i was wrong.

i'll keep that in mind for next time

and Tomim- i'm really glad you won ;D

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Re: Im about to FALL!!

Posted by Kedusha - 10 Sep 2009 03:09

Dear Tomim,

The problem with the y"h is that he is not satisfied with just doing his job. He works overtime and plays dirty!

Furthermore, he has no qualms about lying through his teeth. He assures us that we'll be glad that we fell, and he doesn't want to hear anything about Frumkeit. But, then, as soon as a person, c"v, falls, the y"h becomes very "Frum," and makes him feel overwhelmingly guilty.

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Re: Im about to FALL!!

Posted by the.guard - 10 Sep 2009 21:12

I'm gonna go find someone I can help. It might be the only way I can get my mind to stop focusing on myself, my needs, and my desires.

Now THAT is beautiful!

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Re: Im about to FALL!!

Posted by Dov - 10 Sep 2009 22:54

[Kedusha wrote on 10 Sep 2009 03:09:](#)

The problem with the y"ח is that he is not satisfied with just doing his job. He works overtime and plays dirty!

Even though I don't operate in the YH arena with my addiction, here is a nice story I read about a chassidishe rebbe who, as a youngster, was being woken up early by his father, the rebbe.

Tatte: Wake up Herscheleh, to serve Hashem.

Mini-rebbe: But it's cold outside and I'm tired...

Tatte: It's your YH, no?

Mini-rebbe: Yeah...

Tatte: Well, why should you be doing a *worse* job than the YH is doing? He is just doing his job, trying to tempt you. Now you do *Herscheleh's* job and get up!

Mini-rebbe: ...but Tatte, how am I worse than the YH? He doesn't have a YH telling *him* not to do his job!! ;D

I love it, and all of you.

- Dov

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Re: Im about to FALL!!

Posted by lamed vavnik - 11 Sep 2009 12:07

holding on doing better .hold on evryone be strong for us all.

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Re: Im about to FALL!!

Posted by nishmas - 11 Sep 2009 15:13

Uri,

This is my first post on the forum (I'm a bit apprehensive), but I just wanted to write that Reb Guard's Chizuk email from Wednesday about you (Uri) brought tears to my eyes, and your struggle has given me enormous chizuk. I'm one who has never posted on any forums, and here I am posting. When I saw that you made your RED LINE, it made me feel much better and gave me extra chizuk.

Your poems and songs (I've seen and listened to some of them) are potent. They provide enormous chizuk to those of us struggling. (Maybe you can collect them together and make them available in one place).

For me, after I got Reb Guard's Chizuk email, and seeing you make that Red Line, and seeing everyone's chizuk, it made my Wednesday better than the day before for me, and I was more successful in my own struggles. And Thursday was better than Wednesday. THANK YOU SO MUCH!

When I read Thursday's Chizuk email from Reb Guard, and he put a link about your meeting with your therapist, I found your summaries eye opening and very helpful. I agree with Noorah BAMram that they are very insightful and very well written. Please continue sharing if you can.

Nishmas

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Re: Im about to FALL!!

Posted by Tomim2B - 11 Sep 2009 22:50

I've been slipping like crazy today, and I'm literally about to fall any min.. Is anyone out there?

2B

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Re: Im about to FALL!!

Posted by Tomim2B - 11 Sep 2009 23:37

Boruch Hashem I made it past the "Should I? Should I not?" stage and stopped in my tracks.

With my B-day coming up real soon and with slichios this motzei Shabbos, I don't know how I'd be able to fall and not be depressed about it. The though of staying home and not going to slichos, because of a feeling of depression and hypocrisy, really shook me. The first night of slichos is always meaningful to me and it would be a shame for me to be sitting at home wallowing in self-pity and guilt... I'd rather be at shul drunk out of my mind. lol! :D ;D

I don't know how I'm going to make it through Shabbos. Shabbos is the hardest day for me because my father (who has anger problems and is always stressed) is home. Being around noisy, pessimistic, critical, and stressed people are what set me off the most. Also, I don't yet have a strategy to get me through Shabbosim. Most of the time I'm bored and with nothing to fill my time. I think I'll print out the handbooks and a bunch of supportive posts and read them when I feel weak.

R' Guard, till this past week I haven't been slipping. I don't go out much, so I don't have a shmiras einayim problem on the streets, and I also don't go to any sites that I don't need for my work. No blogs, YouTube, no movies, etc.. I'm very good about keeping to these rules. Without calling my slip a "falls" (because we already determined last time that it is not), what kinds of

fences can I make to ensure that I don't slip like that again? You'd call what I did right now a

I decided not to fight. Just to stand by my choice and hold my ground

"climb", but I feel like I'm cheating the system.
. Seems to pass much easier like that.

If anyone reads this before Shabbos, please give me an extra push. I can really use it right now.
I'm going to blow the shofar and say some tehillim. I didn't hear shofar all Elul.

2B

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