

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 Tomim2B - 12 Sep 2009 01:51

I'm reporting to the forum just minutes before Shabbos. The feeling of temptation comes and goes in waves. I need to pull my mind out of slip mode. It's the only way I'll make it through.

I just ran to the bookstore and bought a bunch of books that I hope will hold me over till the end of Shabbos. Oy, wish me luck...

2B

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Re: Im about to FALL!!

Posted by Tomim2B - 12 Sep 2009 01:55

I'm making a kabolah to do everything in my ability to hold out till the end of Shabbos - no matter what. I'm going to say lots of *tehillim*.

2B

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Re: Im about to FALL!!

Posted by the.guard - 12 Sep 2009 18:15

Tomim, you are shaking all the worlds with your Avodah! I was feeling it all Shabbos (right!). Good idea that you got a bunch of books to read. That's a great way to "escape" in a kosher way.

You asked what kind of fences you can make? I'll send you an e-mail...

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Re: Im about to FALL!!

Posted by Sturggle - 12 Sep 2009 18:18

Tomim,

As Guard said, you are shaking all the worlds...

Wow...

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Re: Im about to FALL!!

Posted by chl - 12 Sep 2009 19:34

bs"d

Tomim,

i hope you are having a wonderful and sober Shabbes!

You are in my prayers and i hope HaShem gives you strength.

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Re: Im about to FALL!!

Posted by letakain - 13 Sep 2009 02:27

i hope your shabbos was ok, tomim! i was davening for all of us!

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Re: Im about to FALL!!

Posted by Tomim2B - 13 Sep 2009 04:20

Well, I ended up saying lots of *tehillim* - the whole *sefer* to be exact. That's because I fell. Oh, the y"ח is so sly! I gave an inch, and he took a mile.

And here's what followed: Immediately after the fall I decided that I'd have to exert an extra amount of focus on staying happy. I wasn't about to give in and get depressed. In my case, depression usually follows with a week-long binge. I wanted to get back into recovery and continue the climb right away. A moment's thought on *teshuva* and a quick diversion was the route I took. I forcibly pushed all thoughts of my fall out of my mind as I sat with a *sefer tehillim* for the next few hours reciting it with joy. I had a very uplifting Shabbos spent *davening* and learning, and I didn't even get to the books I purchased. The events that took place this Shabbos will only lead me to a more meaningful *slichos*.

As far as my B-day: I think the fact that I'll be starting a new page - a new year, this will give me a better chance at success. While I have made this *kabbolah* on past B-days, it has always been exceedingly difficult for me to overcome. With many days behind me and with GYE now at my side, I'm confident that this upcoming year will look completely different. Months ago I would never have believed that I'd be able to attain the level of self control to hold back for as many days as I did till this point, and that acting out could ever be so infrequent.

Now that I'm looking back at the fall for the first time, I'm thinking of some ideas to ensure that these slips don't happen in the first place. I can usually feel a fall coming a few days ahead of time, when I start slipping. Other than putting up fences, I'm considering possibly counting such slips as "falls". In reality, there is very little that separates it from a fall. In addition, because I'm not addicted to pornography as much as to acting out, I can take a harder stance on this front. Essentially, we all want to turn off our body's sexual response system - and that includes much more than what would normally be considered a fall.

In perspective: Regardless of my fall, I've completed near 50 days in all my time here at GYE. I've had streaks; some longer, some shorter. The point is to keep going, no matter what happens. Sometimes we slip or fall. But our past misdoings can't hold us back. We must move on and keep trying. So what we lost the battle? We've won the war and we'll continue winning other wars! As long as we don't stop trying, one day we will defeat this. And I think that day is

Overall, I'm proud that this fall did not involve any pornography. In the past 50 days I have only looked at pornography 2 times (when I returned home depressed from my vacation several weeks ago), and I haven't gone to Facebook, YouTube, blogs, or watched videos or movies of any kind. Neither have I listened to *goyishe* music (with, or without *kol isha*). In addition, when I'm out of the house, I've been much better at minding where I look. I will continue, and I will continue to see progress in this area!

Thank you to everyone who sent me emails and posted in my support. I feel very much at ease knowing that I'm fighting this with all of you. I'm sorry to those who have taken upon themselves commitments if I'd fall.

Gut voch,

2B

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Re: Im about to FALL!!

Posted by chl - 13 Sep 2009 05:39

bs"d

Thanks for this amazing and inspiring post! There is a lot to learn from you.

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Re: Im about to FALL!!

Posted by Noorah BAmram - 13 Sep 2009 10:07

[chl wrote on 13 Sep 2009 05:39:](#)

bs"d

Thanks for this amazing and inspiring post! There is a lot to learn from you.

Noorah

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Re: Im about to FALL!!

Posted by letakain - 13 Sep 2009 12:13

i'm so sorry, tomim!

but, really, all i can say is WOW! you have such a clear hashkafa about this! your perspective and determination to continue are really inspiring! you have a brocha for looking at even the really hard stuff with an ayin tova! the fact that you went and davened is especially admirable!

have a happy week!

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Re: Im about to FALL!!

Posted by SoHard,YetSoRewarding - 13 Sep 2009 14:53

Yoi, Rabboisai!!!

I feel like falling -- big time!!!

Got a major lust hit...

Anybody with anything insightful to say, other than the usual, "You can do it!!!1!11!!", or, "Stop, you're better than this!"? These things usually don't help when you're hit by lust of this magnitude.

I'm on day 33.

Please, help me.

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Re: Im about to FALL!!

Posted by Me3 - 13 Sep 2009 14:56

Day 33 means rosh hashana is day 40 what a zchus to have on your side

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Re: Im about to FALL!!

Posted by Kedusha - 13 Sep 2009 14:59

Shmilu,

I suggest reading some of the posts of people who fell, then write a post, based on your past experience, pretending that you already fell and how terrible you feel.

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Re: Im about to FALL!!

Posted by Sturggle - 13 Sep 2009 15:01

Shmilu,

Where are you? Can you pick yourself up and change your scenery?

What about the old trick, telling your lust that you understand its desire and you're cool with that, just not right now.

You'll get back to it a little later...

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Re: Im about to FALL!!

Posted by Momo - 13 Sep 2009 15:03

Shmilu,

When we feed our lust we are like babies who only think about ourselves. It's almost Rosh HaShana and time to grow up.

Get off the computer and go for a walk, NOW!

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