

I'm about to FALL!!

Posted by jerusalemsexaddict - 13 Aug 2009 21:26

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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 gibbor120 - 24 Sep 2015 18:54

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Hi gonnadothis! WELCOME! Why don't you start your own thread in the "introduce yourself" section. Read the handbook. Share on the forum. Follow some links in my signature. The beginning is tough, but it's worth it!

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Re: I'm about to FALL!!

Posted by shlomoy - 24 Sep 2015 19:33

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ITS THE SAME AS SHIVISI HASHEM LENEGDI TAMID.....TO \*VECHATOSI LENEGDI TAMID\*

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Re: I'm about to FALL!!

Posted by newlife - 11 Oct 2015 16:13

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Help! I'm going to fall, though I have a filter I'm searching for enticing things to look at. Please help me get out of this!! I'm 54 days clean. I don't want to ruin it, also I know that falling will ruin my life again. Life has been good without falling. I want it to stay that way!! Please someone help me out of this!!

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Re: I'm about to FALL!!

Posted by markz - 11 Oct 2015 16:21

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**Warning: Spoiler!**

please checkout the things I wrote last nite + my signature, and pls share what worked for you

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Re: I'm about to FALL!!

Posted by dms1234 - 11 Oct 2015 16:23

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Youtube is probably the not the best place to visit at this time. How about making a call to someone?

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Re: I'm about to FALL!!

Posted by markz - 11 Oct 2015 16:32

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The YouTube idea was only to wake- ~~shake~~-up someone that's there already.

Agreed, it's not the most preferred method

**Warning: Spoiler!**

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Re: I'm about to FALL!!

Posted by shlomoy - 12 Oct 2015 20:03

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I hope you were able to stop yourself

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Re: I'm about to FALL!!

Posted by Philwantstoquit - 30 Dec 2015 18:10

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help - ive been sober for at least 90 days, but i feel like looking at innapropriate stuff and i just need some sense talked into me. it's scary, i thought i got rid of this thing and i just felt a powerfull urge to look.

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Re: I'm about to FALL!!

Posted by markz - 30 Dec 2015 18:13

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Oh no. I feel like looking too

1- My favorite [quick fix](#)

2- Post what tools you have begun, perhaps those can help now.

3- You go to B&H!! **B**rilliant [Humor section](#), and see if you find anything interesting there. No pressure - you don't have to laugh at every joke found there, Its funny - I don't either.

4- Take a break, listen to some music or the [iPhone song](#)

5- Chat with a friend / sponsor who knows about the addiction

6- Checkout my signature

7 - You need approval from one of the guys. You wanna take drugs? Don't do it!! Want to go to some dirty website? Just post it [HERE](#) first.

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Re: I'm about to FALL!!

Posted by gibbor120 - 30 Dec 2015 20:49

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[Philwantstoquit wrote:](#)

help - ive been sober for at least 90 days, but i feel like looking at innapropriate stuff and i just need some sense talked into me. it's scary, i thought i got rid of this thing and i just felt a powerfull urge to look.

If sense was all it took, we wouldn't be in this mess. Sense can help us stay away from triggers, but is not usually very helpful once under attack.

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Re: I'm about to FALL!!

Posted by yiraishamaim - 30 Dec 2015 23:36

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[gibbor120 wrote:](#)

[Philwantstoquit wrote:](#)

help - ive been sober for at least 90 days, but i feel like looking at innapropriate stuff and i just need some sense talked into me. it's scary, i thought i got rid of this thing and i just felt a powerfull urge to look.

If sense was all it took, we wouldn't be in this mess. Sense can help us stay away from triggers, but is not usually very helpful once under attack.

I know exactly what you mean. I fell the same way. I had 397 days and I fell.

So let's play out this thing here. Right now you are in a rut of sorts, lusting and want to/don't want to engage in the filth. If you do, you fall, you have an immediate release of this tension but only to be filled with a depression the likes of which will make you feel like the famine in Mitzraim. The bad years were so bad they erase all the good feelings you had with your wonderful 90 days of sweet success.

The guys will gather around and give you support oh yes, but that will be a poor lame imitation of the euphoria you felt when you had 90 successive days of true accomplishment.

If G-d forbid you felt you would make various tweaks in your program. You would be more actively engaged in getting the support you need so that this deep-seated grief would never ever occur again.

Buddy - do those things now!!!

And yes daven - sincere davening that what you promised yourself( remember the desperation and sincerity you had) 90 beautiful days ago, will truly be forever.

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Re: I'm about to FALL!!

Posted by buildingarainbow - 19 Jan 2016 23:58

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I NEED HELP ADDICTED TO DRUGS AND SEX!

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Re: I'm about to FALL!!

Posted by markz - 20 Jan 2016 00:02

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Apparently you are looking for more input than how to prevent a fall - please check your personal thread you recently started, and many other guys will be there soon to assist you with boosting your truck

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Re: I'm about to FALL!!

Posted by markz - 25 Jan 2016 14:26

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This is being moved here from my "Free Towing" thread

Towing - I'm about to fall

### **ABOUT TO FALL?**

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1- My favorite [quick fix](#)

2- Post what tools you have begun, perhaps those can help now.

3- You go to B&H!! **Brilliant** [Humor section](#), and see if you find anything interesting there. No pressure - you don't have to laugh at every joke found there, Its funny - I don't either.

4- Take a break, listen to some music or the [iPhone song](#)

5- Chat with a friend / sponsor who knows about the addiction

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Re: I'm about to FALL!!

Posted by `Chaim - 29 Jan 2016 05:07

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Mind not clear right now but will try to write..

I got past 90 days but I think because I got engaged.

I fell once after that

I need guidance for how to deal with this at the stage of life I am at now

I have a Iphone and very frustrating trying to get it restricted with out me being able to get the password and also keep finding ways around the restrictions.

My phone needed updates and today I made the restrictions a little more lax after bringing phone to person with password.

I got sucked into the excitement of trying to get around the newly laxed restrictions and was successful.

I feel extremely triggered and can't think. What has gotten into me?? What type of sicko gets off the phone with his Kalla and has to deal with this now?? I can't fall!! it will kill me

Is it possible to have a smartphone? I just need whatsapp... this is giving me too much stress.

I am a Chosson. I was clean for a month and a half before I even started dating. A true success. But after that I think only because dated and engaged to first girl. Am I a sicko? I need to deal with this before marriage..

Sorry for random thoughts but I read this is the thread for emergencies and I am about to fall and I feel if I do I will fall hard this time and this is not the time to do so. Can't think clearly either.

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