

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 Markz - 15 Aug 2016 02:40

Many guys here as I am, are married BH

How about you share your story on the BB section if you're more comfortable there

i recommend you speak with someone that's married and sober more than 100 days and you and your marriage will only get better day by day

Who to talk to?

checkout the "Free Towing" page below and reach out to the success guys, one trucker at a time

Almost all are married

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Re: I'm about to FALL!!

Posted by Yym - 15 Aug 2016 05:10

Welcome!

I can relate I was in the same place as you, just stick around and you will get better and stronger by the minute, I'm here on GYE for 8 weeks or so and I'm a changed person.

you have a lot of good friends here that would love to see you succeed.

1 day at a time.

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Re: I'm about to FALL!!

Posted by a123456 - 15 Aug 2016 05:13

thank you

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Re: I'm about to FALL!!

Posted by botty - 17 Sep 2016 17:21

hi guys, i am a gye member for like 2 years and a half. my 1st 90days was a success, i was clean 1 year and 2 months, but after that i started to fall like once a 50-60 days in average. today is my 53 day and i was very close to fall. "fall"=only act out, with out bad vidoes BH... its

like when i reach 50 days clean, i start thinking "now i can allow myself to fall..." ofcourse is my Yezer Hara, what can i do to stay clean more time?

i am not married, 24 years old, live in israel...

BTW is it possible to join a virtual SA group in forums or smth?

TY for help and wounderfull website!

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Re: I'm about to FALL!!

Posted by gibbor120 - 19 Sep 2016 19:52

Do you feel like you are white knuckling for those 50 days, or do you generally feel good, and it seems to come out of the blue?

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Re: I'm about to FALL!!

Posted by botty - 23 Sep 2016 09:07

Before 50 days i feel a bit weak but i know i cant allow myself to fall so i have the power to keep going. but after that, the Yezer Hara tells me that i was good enough and i can allow myself to fall... BH i feel now better, at the beginning of this week i almost fell, but now its better, but cant never be sure. so i pray a few times a day to stay clean.

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Re: I'm about to FALL!!

Posted by Teshuvahguy - 27 Sep 2016 23:00

I just joined GYE. I have SSA. Before I became religious, I was married and had children but I was secretly acting out all the time and finally got divorced because I decided I should just accept being gay. I was miserable.

Few years ago, I became a Bal Teshuvah and since then I have not acted out with another person, thank G-d. During that time, I was so happy because I was able to stop acting out. I felt normal.

A few years ago I lost someone very dear to me. The stress from that has been very hard to manage since then and I fell back into using same sex porn and masturbation. I am finally at 2 weeks on my 90-day journey.

It is so hard. I just don't know how I will do this forever. It is Elul. I did Teshuvah and stopped acting out with other people. Now I want to be free of the SSA that is torturing me. I need to stay away from porn, and so far I am, but I cannot imagine that I won't fall sooner or later.

This has been my struggle my whole life. I want to be clean before I leave this world.

Anyway, that's my story and thanks for being here for me.

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Re: I'm about to FALL!!

Posted by Yesh Tikva - 28 Sep 2016 10:35

Dear TG,

Thank you for sharing your story. Your pain really comes through.

I really admire you. From my point of view, I think that what you managed to achieve is amazing despite your circumstances.

But clearly, you don't feel that way about yourself.

You write "I want to be clean before I leave this world". May I ask what that means to you? To die without having an SSA attraction? having beaten it? if there is such a thing.

For me these thoughts were at the least no less fantasy than the struggle with lust, and at the worst made me more depressed, despondent, self - beating and negative.

Frankly I do not believe that anyone who has been involved with lust in any form, can ever be "free" of it. But we CAN deal with it, as you clearly managed.

Neither can i claim to know what G-d wants me to achieve. Do I KNOW that he wants me to be "free" of lust etc???? or is it something that "I" want. I can only be certain that He expects me to put in my best effort.

I am not trying to minimize or justify these actions. i am just saying that for me, this thinking was just wishful, and never got me anywhere..

It has taken me years to change my attitude, with the help of people on this forum and elsewhere but thankfully today i am able to see myself from a much more balanced perspective and one which i sincerely believe is what G-d wants from me.

Hatzlocho

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Re: I'm about to FALL!!

Posted by Teshuvahguy - 29 Sep 2016 00:24

Thank you so much for your thoughtful reply. This does make me more depressed and more likely to beat myself up. It's just that this particular nisayon has so much impact on the things that are most important to me. I have basically given up trying to be intimate with my wife because I am too anxious and self conscious. I don't become immediately aroused because my attraction is for the same sex, (or because I am not 20 anymore) and when I don't, I get so nervous trying to that I can't. It's so humiliating I don't even want to try...except that I do want to try. I want normal intimacy with my wife. I know this is probably way too much information but I am dead serious. This barrier I have built up is killing me.

My first wife was more aggressive and I was younger and that made it work then. My current wife is shy and sheltered and I get embarrassed and anxious having to take complete control. It's like somewhere in my childhood I was taught that women don't even really like s*x and are disgusted by it. I know my wife does not feel that way and would love intimacy but she will not initiate, and if she did I would avoid.

How is do I get help for this? It is all because of my SSA and years of conditioning toward s*x with men.

Wow. I really laid it out there for all to see. Please don't laugh at me. I am ashamed enough.

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Re: I'm about to FALL!!

Posted by Workingguy - 29 Sep 2016 02:47

[Teshuvahguy wrote on 29 Sep 2016 00:24:](#)

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We'd never laugh- each of us has a bag of stuff that everyone can laugh at, and no one generally does here. You're brave and honest for putting it all out there. I'm awed.

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Re: I'm about to FALL!!

Posted by Teshuvahguy - 29 Sep 2016 02:50

Thanks for the support workingguy. I feel like the SSA issue puts me even lower on the scale than the porn and mb people. That's how much shame I feel.

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Re: I'm about to FALL!!

Posted by Gevura Shebyesod - 29 Sep 2016 03:06

We would never laugh at you. But you're welcome to laugh with us. Check out the JHF

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Re: I'm about to FALL!!

Posted by Markz - 29 Sep 2016 03:22

Or you may laugh at me as others regularly do - what do they see in me?

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Then we can change this thread to

"I'm about to Fall - off my chair with laughter"

NOW I WANT TO MAKE AN IMPORTANT ANNOUNCEMENT

What I'm about to say is VERY DEEP

Many many guys Fall because of self-centered-ness and depression

If they would be falling off the chair with laughter, or better, with positive vibes, they wouldn't be falling...

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Re: I'm about to FALL!!

Posted by cordnoy - 29 Sep 2016 16:31

Everyone has their peckel.

Many of us think that ours is the worst.

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Re: I'm about to FALL!!

Posted by cordnoy - 29 Sep 2016 16:34

You did well by coming here and sharing your story.

It should be with hatzlachah.

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