

GYE - Guard Your Eyes

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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 360gye - 13 Aug 2017 21:33

Hang in there. i think you need to distract yourself and talk about it

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Re: I'm about to FALL!!

Posted by dont give up - 13 Aug 2017 21:37

I ask Hashem to remove your craving to watch porn.

Get the hell out of the office ASAP and be as helpful as you can at home.

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Re: I'm about to FALL!!

Posted by Markz - 13 Aug 2017 21:45

[Needtoclearmyhead wrote on 13 Aug 2017 21:13:](#)

its been 2 hours already and not going away.

I have so much work to do.

I need to leave the office soon.

I can't focus on anything but I want to see !@#\$\$%^&

I hope this forum is fast enough to help me.

Welcome brother

What happened 5 days ago

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 14 Aug 2017 00:42

Welcome. Have you ever spoken to anyone about this challenge?

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Re: I'm about to FALL!!

Posted by Needtoclearmyhead - 15 Aug 2017 18:28

I chatted with 360GYE till it was too late and had to go home.

I hope this gets easier with time

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Re: I'm about to FALL!!

Posted by korbonos - 09 Oct 2017 03:34

B"H

Oy vay. Mine's not a porn thing. Rather, product of fantasies, sometimes going back many decades. SSA and otherwise. Unhealthy situations at work because the halacha is not 100% followed - even 95% could result in disaster, l"r. Even seemingly innocuous comments from a co-worker, joking of course, set me off. I try to work these things out myself. Even in the neighborhood - a very, very frum place, has now been invaded by shiksas whose dress is more revealing and alluring than street level prostitutes' "uniforms" of 40 years ago. Rav Chatzkel Levenstein, ztl. asked 70 years ago from the Mir in Brooklyn "how can anyone look out of the windows?" Maybe I need to leave my job and try to start anew? I know I'm blaming external causes and not myself. But if my mindset is to be trusted, I've been innocent in a lot of this and blackened as a result of others' indiscretions - albeit subtle and not necessarily with intent to lead another to sin. I guess the only thing I can do is to try to redouble my efforts in limud Torah. End of post.

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Re: I'm about to FALL!!

Posted by dms1234 - 16 Oct 2017 04:00

And how has limud hatorah worked so far?

For me, i tried that and didnt work. For me, its not how i recovered. I needed more. I needed recovery. Meetings, the steps, actions, helping others.

Now, i want to point my sponsor, a religious christian, told me that part of my program is to learn to be a good jew. To learn, daven, and act like a mench. Thats true. But its not how i stop masturbating. Not at all.

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Re: I'm about to FALL!!

Posted by wantoimprove - 27 Dec 2017 13:38

. Had a full body massage [with a male, but I have SSA issues] which besides feeling good became stimulating for me. I figured OK, so it feels good, but I won't let it get out of control. Besides letting the masseuse get too close to sensitive areas I made a bad choice (not by touching myself) and before I could blink, it spilled.

This was at a zimmer in Israel that my wife and I go to from time to time. A boutique hotel.

I just had a fall 2 days ago

I want to make fences but I don't know how drastic they must be. Never to get a massage there again? Never to use that masseuse? Or just let him know 'No Sensitive Areas'?

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Re: I'm about to FALL!!

Posted by Gevura Shebyesod - 27 Dec 2017 13:57

Hi WTI, sorry to hear about your fall, but it's good that you're being honest about it and looking for ways to learn from it and make sure it doesn't happen again.

For regular ("straight") issues we have Halachos and gedarim spelled out for us, and a whole social structure set up to minimize contact between the genders. For SSA there really are very few guidelines in Halacha, and we need to figure out our boundaries on our own. Do you have a Rov or someone who know this about you, and can help you come up with a set of rules to keep you out of trouble?

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 28 Dec 2017 12:08

I think you know the answer to the question better than any of us readers. Choose wisely, and better to be a little more on the safe side.....

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Re: I'm about to FALL!!
Posted by serenity - 29 Dec 2017 03:50

Before sobriety I would regularly get legitimate massages. Once I made the decision to pursue sobriety and recovery I knew I could no longer get massages and haven't gotten one since. My sobriety is too important to me.

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Re: I'm about to FALL!!
Posted by wantoimprove - 30 Dec 2017 21:05

Thanks Gevura, HHM and serenity. I needed a slap in the face from reality. The thing is I

How do I get that massage out of my head?!

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Re: I'm about to FALL!!
Posted by tzomah - 31 Dec 2017 11:31

by getting the hell out of your head

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Re: I'm about to FALL!!
Posted by wantoimprove - 31 Dec 2017 16:25

Right, Tzomah. That's the big question: how do I get out of my head?! I've had some sleepless nights over this, too stimulated to sleep. I know in theory I must fill my head with alternative pure thoughts but somehow they allude me in the heat of the night.

fantasize and think I can have my lust and still have my sobriety too. Crazy, huh?

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Re: I'm about to FALL!!

Posted by youcan - 31 Dec 2017 17:50

How about leave that message in your head & just don't follow it? Do what you know is right (from other people & from messages in your head that are not so crazy). Why should you care about these messages? You'll see these messages will disappear by itself.

Don't make a pressure of "filling your head" with other stuff either, you can't fill your head like you fill the gas tank of your car.. You should definitely get your head busy with more meaningful things, but when you have these types of thoughts rather read/listen to something interesting that will distract your brain. (My unprofessional opinion)

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