

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 korbonos - 01 Jan 2018 04:15

B"H

I'm starting to find a connection between having sexual fantasies, I"r, and - please be moichel me for saying it - needing to use the bais hakeesay. Even if I don't really need to use it, but the fantasies start to take their toll, if I can force myself to get up and go to the bais hakeesay, as soon as I've washed my hands afterwards and said asher yatzar, I usually don't have fantasies anymore at that point. Sometimes its not enough, but sometimes this has made the difference for sure. Clicking on "Emergency Turn Off" and "Help Me Now" has also helped save the day. Hatzlocha!

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Re: I'm about to FALL!!

Posted by tzomah - 01 Jan 2018 08:42

[wanttoimprove wrote on 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.

not with alternative thoughts rather with action call some one exercise write a letter can even be imaginary

just do something

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Re: I'm about to FALL!!
Posted by r3byid - 14 Jan 2018 04:21

I have found the same thing to be true.

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Re: I'm about to FALL!!
Posted by korbonos - 14 Jan 2018 04:38

Also what's seemed to have helped are:

Avoiding hot beverages, not being too bundled up when sleeping, and not having a full bladder.

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Re: I'm about to FALL!!
Posted by hashiveinu - 19 Jan 2018 02:06

i feel like a piece of dirt. i was clean for over 200 days and then i found some loophole in my

filter. i spent a couple nights on youtube and watched some borderline porn. b"h no mzl. i got to action and had nativ fix the problem, but i cant seem to get this stuff out of my head and i find myself trying to get around the filter again.

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Re: I'm about to FALL!!
Posted by Markz - 19 Jan 2018 02:24

[hashiveinu wrote on 19 Jan 2018 02:06:](#)

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I feel like a dirtier piece of dirt cos I only hit 160. Then had to restart last week - check my story. Where's yours? Yeah it's hard getting it outa the head, question is how did your head get to 200

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Re: I'm about to FALL!!
Posted by Hashem Help Me - 19 Jan 2018 17:52

You are a diamond, not a piece of dirt. 200days?! Do you know what that means? Those days are yours forever to celebrate with Hashem. And you stayed away from masturbation? Wow! Get up, clean up. and get going! You will iyh be a hero that will help so many others. One question. Do you have anyone to call and speak to if a nisayon comes up again? If not, maybe this story should be the impetus to get connected. Hatzlocha,

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Re: I'm about to FALL!!
Posted by hashiveinu - 21 Jan 2018 17:41

i appreciate all the chizuk. the reason for my focus on the fall more than the over 200 clean is because ive never really been addicted for long periods of time (or maybe im not a real addict at

all...). my usual trend has always been about a year to a year and a half clean and then fall and go on about a 2 week binge

(just porn but no mzl. if i feel myself going too far that im at risk of mzl i stop right there for the time being. but i know that no one can trust oneself...). since joining gye i thought i would be able to do better than that. its my first fall since joining. b"h nativ fixed my filter issue but my immediate need right now is to get rid of the urge i have in me to find ways to watch more and fantasize at times.

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Re: I'm about to FALL!!
Posted by Hashem Help Me - 22 Jan 2018 02:31

Maybe its time to connect to some real people. That's what worked for me....

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Re: I'm about to FALL!!
Posted by gibbor120 - 22 Jan 2018 16:07

I know the feeling. I had a 205 day streak as a bachur. Losing it was painful. Look forward not back.

Were you looking for a loophole? What were the triggers? What helped you reach 200? What recovery action have you been putting off that perhaps it is time to do? Or maybe, you just need to get up dust yourself off, and keep on truckin.

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Re: I'm about to FALL!!
Posted by hashiveinu - 22 Jan 2018 20:46

although i do look for loopholes on occasion more as a hobby than a need for shmutz (once i find the loophole then the urge kicks in), this time it chanced upon me and suddenly i realized that i was doing things i shouldnt be. i contacted nativ to fix the issue and they took care of most of it and their technicians are trying to figure out the rest. in the meantime i took care of the rest

myself.

i know that i need to work on myself, more than on the filter but i do find that the less access the less urge. the facts are that i only rarely have access. this all goes back to the big question if im addicted or not. it may be a normal yetzer horah that one has when its available in front of him. then the main thing to do is avoid the situation...

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Re: I'm about to FALL!!
Posted by hashiveinu - 22 Jan 2018 20:47

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Re: I'm about to FALL!!
Posted by gibbor120 - 24 Jan 2018 14:37

You say "although i do look for loopholes on occasion more as a hobby than a need for shmutz". Do you think there is no motivation, perhaps subconsciously, to find shmutz? Would you have the same "hobby" to find other types of loopholes, for instance if gambling sites were blocked?

Checking my filter, or typing some seemingly innocuous search to see what came up was always a way for me to fall when I wanted to fall, but didn't want to (if you get my drift). I felt guilty falling straight in, so I would try to make it happen in kind of an innocent way. (this may have nothing to do with you - just sharing)

As I have mentioned in the past. One of the thoughts that helps me is "I cannot afford it". It just costs too much. I can't afford to play with fire, for I will get burned. I can't afford to test the filter to see if it works. I think Dov has something about this too. About testing the filter. I'm just raising some food for thought.

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Re: I'm about to FALL!!
Posted by yiraishamaim - 24 Jan 2018 14:49

[gibbor120 wrote on 24 Jan 2018 14:37:](#)

Checking my filter, or typing some seemingly innocuous search to see what came up was always a way for me to fall when I wanted to fall, but didn't want to (if you get my drift). I felt guilty falling straight in, so I would try to make it happen in kind of an innocent way.

I bet "Innocent checking/searching" have killed more cats then any other type of curiosity.

One of the reasons (among countless others) why I love this forum is to read how others have gone through the same or similar trials and tribulations. I see how my difficulties are common among so many o strugglers **yet** at the same time they are able to be in recovery non the less.

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Re: I'm about to FALL!!
Posted by Workingguy - 28 Jan 2018 14:37

I used to be be biggest filter "tester", and I'm not sure if it was mostly caused by shmutz or not. For me, it hit an obsessive part of my brain of testing it to see what there was so I can "know" how protected I was.

I relate to Gibor's thing of not being able to afford it. Here's what happened to me- I had kept on obsessively testing the filter while I was going through a period of moderate anxiety, and I realized that all this testing was making me wildly anxious- will I see something, will I not, and when will I stop. And it was crazy because if I would see something I would literally be holding my hand over the picture not to see it, but provided that I was able to see enough to know what "type" it was. The whole thing was insane!

And you know why I stopped? Not because of this holy desire to be clean, but because I felt like a lunatic and an insane person and said, "You know, I want to be normal and stop obsessing".

And I can remember that obsessive feeling well enough that it's a pretty big impediment to doing it again.

As a result, now I have other reasons that I don't want to go back there- I feel like a normal Jew and a normal husband, hate wasting the time, but it's not like I find the idea repulsive in any way.

I find the addiction repulsive, so that's what's working for me for now.

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