

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 eslaasos - 07 Feb 2018 21:20

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I'm scared of what I might do tonight. The physical pressure has been building for a few weeks. The emotional stress and pain is skyhigh. I feel myself giving up on things that were always so important to me. I don't really expect any big changes will happen just because I will post this here and might get back some encouraging posts, but it's worth a try.

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Re: I'm about to FALL!!

Posted by heemircha - 07 Feb 2018 21:39

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Instead of Chizzuk, why don't you release the tension stress etc. in a healthy way?

For stress, maybe exercise, or sing at the top of you lungs if you enjoy that.

Not sure what type of pain, but maybe get yourself something you enjoy, to ease your pain, (not

as a reward for not acting out, but to ease the pain).

Not sure what you mean about physical pressure but sounds like vigorous exercise would do the job.

You can do it, it will be worth it, get into healthy habits of relieving your body of stress and pain and in the long run and short run you will only benefit.

Hatzlacha and hoping to hear good things.

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Re: I'm about to FALL!!

Posted by cordnoy - 07 Feb 2018 21:40

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[eslaasos wrote on 07 Feb 2018 21:20:](#)

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I sent you an email before I saw this post.

In your email you wrote that you have a strong will not to give in to distractions; here you left it out.

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Re: I'm about to FALL!!

Posted by 360gye - 07 Feb 2018 21:42

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I'm available if you want to talk about what you're feeling....

[360gye@gmail.com](mailto:360gye@gmail.com)

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Re: I'm about to FALL!!  
Posted by eslaasos - 07 Feb 2018 21:55

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Thank you everyone for your response. Cords, I wrote (for now) I have a strong will not to give in. It seems to come and go, big surprise.

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Re: I'm about to FALL!!  
Posted by ieeyc - 08 Feb 2018 03:19

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Chazak Chazak eslaasos ,our tefilos are with you , youre a real example for me to reach out in this time of disconnect ,to connect with others hatzlacha in this difficult time ,Hashem should remember your sacrifice ,Yizkor kol mincahsecha-hoping to hear good news-my brother:smiley:

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Re: I'm about to FALL!!  
Posted by laughingman - 13 Feb 2018 07:47

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Hello ...i feel like i want to act out again

my daughter is mad at me

and my estranged wife is not able to help me

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 13 Feb 2018 12:28

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The feeling passes if you distract it by exercising etc. A call to a chaver here helps alot too.  
Hatzlocha

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Re: I'm about to FALL!!

Posted by lionking - 13 Feb 2018 14:40

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Hi laughingman,

I really feel for you. I cannot offer any words of support, However I can daven for you and I will  
IY"H.

Wishing you much Hatzlucha in all areas of your life. May you be blessed with true serenity and  
peace.

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Re: I'm about to FALL!!

Posted by korbonos - 16 Feb 2018 17:03

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She's mad because you're destroying a brother or sister of hers, and really even cheapening  
her sense of worth. You, me and everyone here, that is, whom relapses, may HaShem help us  
to stand up to the yetzer hora of lust when he next challenges us and every time thereafter,  
IY"H.

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Re: I'm about to FALL!!

Posted by y1tz - 29 Apr 2018 21:39

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It's been about 10 days and around this time I start to think "well it's not like I'm never gonna  
masturbate again so it may as well be now. What's the difference if I hold out another day or  
two..." you get the idea.

anyway I'm trying something novel here and instead of holding these thoughts in and trying to fight by myself I'm sharing with everyone.

instead of fighting I'm letting go. I'm going to try to stop thinking about the rest of my life. I'm not even going to think about today. In just going to share that I hate how helpless this makes me feel. And every ounce of me hates being helpless and wants to trade control and fight my impulses. And then when that doesn't work I say, "well I didn't really care that much anyway..."

so this was a long rant to keep me from the edge, if anybody reads this thanks for making it to

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Re: I'm about to FALL!!

Posted by lifebound - 29 Apr 2018 22:58

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Rant away, it definitely helps to share.

Congrats on your first post btw.

Maybe consider starting a new thread for us to follow along on your journey?

Best of luck to you.

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the end

Re: I'm about to FALL!!

Posted by Hashem Help Me - 01 May 2018 11:08

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[y1tz wrote on 29 Apr 2018 21:39:](#)

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Welcome to the club. you are verbalizing a stage many of us have experienced, and from time to time still grapple with. "let me just do it already..." It was wise to share. It helps. Besides the support you receive (just look at all the thank you's), putting it in writing makes one realize how ridiculous and shortsighted such thoughts are. Hatzlocha buddy. Stay focused, stay connected, and iyh stay clean.

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Re: I'm about to FALL!!

Posted by milmate - 27 Nov 2018 03:00

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feel like a total nutcase!

manically depressed, restless, looking for a fix, i hate this craving for sickness and selfdestruction. Im am such a great guy if it werent for these sick mood attacks of inconfidence, anxiety, craving for peace and happiness, outright anger at people for their mere existence, #\$\$%!, pls i live like a rat with millions crowded round me, get me outta here already, lust is just my distraction, ive had these feelings even while being clean for a year, when it led me trying drugs alcohol and even hostility, wth is going on with me, this is total hypocrisy of who i really wanna be. It even kills me while im trying to do the right thing, i start doubting my sincerity and succes etc. Honestly people think im a great guy, sincere devoted smart etc what bull. Im full of it. Help me attain normality, stability, sincerity, the ability to atleast tolerate others, free from all these dark moods and thoughts causing self doubt, doubt in Hashem, in His plan, my mission and purpose, my ability to carry out His will, to learn with sincerity and passion, to emphasize with others, to exude varmkeit.

ffffff. Man, my genius roommate just walked in, like i said, no space. And now all my feelings are gone, just like that. Im not thankful for it. Cant i express my self unadulterated? Too much too ask? Must i always live bottled up, played with by my human surroundings? Yes, simply being my self, in the purest untouched fashion. Not action, words, nor thoughts, not even feelings, character or mind, just me, I.

well,

till next time that im lonely and desperate

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 28 Nov 2018 13:44

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Join the club of many of us that held in our feelings for years and acted out as a pain reliever. Posting and sharing with others is very therapeutic so keep up the posting. Hatzlocha - and remember you are not alone.

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