

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 jewinpain - 01 Nov 2010 00:10

Maccabee, I'm here for u, what's the matter, were is the trigger? Can u go in shul? Wana chat ?

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Re: I'm about to FALL!!

Posted by Holy Yid - 01 Nov 2010 04:17

Hi. stay calm try to meditate. For help with that go here loyaltycoach.com/audio/Serenity/

don't do it we will all be sad

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Re: I'm about to FALL!!

Posted by Dov - 02 Nov 2010 02:12

I will not be sad....**if** it kicks your behind so hard that you get 'knocked sensible'.

Hatzlocha, Maccabee, whatever happens. We know what team wins in the end...always Hashem's team.

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Re: I'm about to FALL!!

Posted by ToAdd - 02 Nov 2010 11:44

To the next person that arrives here:

Repeat in your mind: **Distance from Lust...** Distance from Lust... Distance from Lust...

Now **breathe**: deeply in, slowly out

Control your breathing until your mind and heart return to normal.

Distance from Lust... Distance from Lust...

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Re: I'm about to FALL!!

Posted by crakerjak - 05 Nov 2010 11:31

phew.....installed webchaver at last! feel a million dollers. thinking og y'all

menchem

(ps) those that were here about 2 years ago will remember me - bloody hell its been a nightmare....

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Re: I'm about to FALL!!

Posted by Dov - 07 Nov 2010 23:34

[losasuru wrote on 05 Nov 2010 11:31:](#)

phew.....installed webchaver at last! feel a million dollers. thinking og y'all

menchem

(ps) those that were here about 2 years ago will remember me - bloody hell its been a nightmare....

Y'yasher kochacho Menachem!! (and yivorech'cha Hashem!)

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Re: I'm about to FALL!!

Posted by bardichev - 07 Nov 2010 23:42

Menachem keep on truckin

Or if u are English (British UKish)

Keep on lorrieng

If u are english

Please join me in bardys of london for a pimms

B

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Re: I'm about to FALL!!

Posted by Holy Yid - 08 Nov 2010 08:09

Yasher coach. You have taken a huge step.

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Re: I'm about to FALL!!

Posted by crakerjak - 08 Nov 2010 12:19

hi berdichev..

no not british!!

thanks for all your positive comments!

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Re: I'm about to FALL!!

Posted by mnman415 - 05 Dec 2010 20:31

hi, im feeling weak right now. you can see about it on my thread....the life of a soldier in hashems army.....in the wall of honor board. i feel weak and im trying to strengthen myself.

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Re: I'm about to FALL!!

Posted by Jooboy - 05 Dec 2010 22:46

For me what works is:

Surrender - Without me God won't

Pray - Without God I can't

Call another addict

Read the Big Book, White Book or 12&12 - this stuff does wonders for me

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Re: I'm about to FALL!!

Posted by desperate_teddybear - 06 Dec 2010 16:37

DISTRACTION

hello go build a snowman or something lol

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Re: I'm about to FALL!!

Posted by im not alone - 26 Dec 2010 20:51

boy do i need chizuk

all i can say is that reading the posts here makes me cry (& laugh). waiting for that day that i'll be able to look back after years of being clean. oh i wish

in my opinion this is the most beautiful site in the entire web

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Re: I'm about to FALL!!

Posted by mnman415 - 26 Dec 2010 20:57

hello, welcome to this site! why dont you start a thread in the introduce yourself section of this site.?

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