

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 obormottel - 17 Jun 2012 17:59

Hope its not too late...get out of the house and go jogging or something...don't think about how you DON'T wanna fall...think about your mom or something, or baseball, or something else asexual.

The best in a sitch like this is to call on a live buddy. Even if u fell this time (c'v), put some effort into making a connection with a real human being, not faceless, nameless computer character like us.

Mottel (it is my name)

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Re: I'm about to FALL!!

Posted by RSO101 - 17 Jun 2012 23:31

First off, I fell, i was mz"l. I feel awful. For some reason i cannot bring myself to speaking to live person about this, like on the phone. when i think about speaking to a live person i get this uncomfortable feeling in my stomach.

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Re: I'm about to FALL!!

Posted by Maccabee - 17 Jun 2012 23:45

1) I know how you feel. I've been there too many times to count.

2) When I first opened up to somebody it was scary as hell, but the fear only kept me from some of the greatest resources I have now.

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Re: I'm about to FALL!!

Posted by Dov - 18 Jun 2012 00:06

[RSO101 wrote on 17 Jun 2012 23:31:](#)

First off, I fell, i was mz"l. I feel awful. For some reason i cannot bring myself to speaking to live person about this, like on the phone. when i think about speaking to a live person i get this uncomfortable feeling in my stomach.

Search on this site for the words, "Captain Kirk"...have fun and hatzlocha. It might explain a bit...

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Re: I'm about to FALL!!

Posted by obormottel - 18 Jun 2012 01:26

Def-ly know how you feel about talking to a live person. I, too, have a sensitive stomach. Don't talk to just anyone. However someone who shares the problem (like people on this forum) will become your best asset in this struggle, just like maccabee said.

And capn kirk is a great read and it will explain a lot.

I couldn't bring myself to talk to anyone for a long time, and I wouldn't even pick up the phone when someone would call me. When I finally started calling out, I would pray that the person on the other end would not pick up.

But eventually I got over it and it kept me sane and sober.

Wishing you the same,

Mottel

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Re: I'm about to FALL!!

Posted by newbeginning - 08 Jul 2012 18:39

Guys help! This is my second day being clean and I feel like im going to fall! I have a very strong urge to masturbate, and wherever I look there is inappropriate pictures popping up especially on Facebook and the TV! I have tried to stay clean many times but I've failed. Please help! What shall I do?

Thanks, Eli

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Re: I'm about to FALL!!

Posted by obormottel - 08 Jul 2012 19:58

Have you tried staying away from facebook and tv? And yeah, find someone to talk to, but not before you resolve to get helped, not just take your mind off facebook till the next time you go on it.

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Re: I'm about to FALL!!

Posted by Sturggle - 08 Jul 2012 20:17

I also think that turning away from the TV and the computer for a little bit may be helpful. Maybe go for a walk. Read a good book that you haven't picked up in a while. Call a friend. Talk to them about anything.

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Re: I'm about to FALL!!

Posted by sickofsubmitting - 10 Oct 2012 21:55

Hey,

I have been a member since August. My progress has been up and down. I have a really strong urge. Can someone help?

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Re: I'm about to FALL!!

Posted by mifatfait - 10 Oct 2012 21:57

Yeah. Hashem can. Beg Him to help you stay clean just for another few minutes, then you'll fall. If it works, then if you want you can try another few minutes.

All the best!!!!

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Re: I'm about to FALL!!

Posted by Dov - 11 Oct 2012 03:53

Yeah, what are you doing about it? Reaching out here is one thing - a big thing. But can you detail exactly what you are doing that is troubling you?

A strong urge is not an aveiro - and it is really not a problem. Yeah, it stinks, but it passes. But if you are here then I guess you have been acting out your temptations a bunch, like I have - I know that bitterness. Can you detail what you have been doing that is a problem for you? Or is that too shameful? It's OK if it is, just admit it and we can go from there.

You are making a good step, like we all make when opening up. Yelchu mechayil el choyil!

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Re: I'm about to FALL!!

Posted by YairA - 12 Oct 2012 16:51

hey. anyone out there?

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Re: I'm about to FALL!!

Posted by reallygettingthere - 12 Oct 2012 16:55

Hi Yair

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Re: I'm about to FALL!!

Posted by YairA - 12 Oct 2012 17:02

hey i guess im just looking for help or somethin.. im gonna fall and not sure what to do about it. not sure what i want from u but just wanna share

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