

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 reallygettingthere - 12 Oct 2012 17:05

if you dont want to fall, quick remove yourself from your environment

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Re: I'm about to FALL!!

Posted by YairA - 12 Oct 2012 17:08

i dont really want to but for past few days i have been wanting to and have been fighting it off.
but now im ready to give in.. its not about my environment right now

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Re: I'm about to FALL!!

Posted by Dov - 12 Oct 2012 17:39

What steps are you taking so far to change your inner environment?

Or are you just "fighting off the yetzer hora"? Holding your breath?

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Re: I'm about to FALL!!

Posted by reallygettingthere - 12 Oct 2012 17:44

Yair,

if you were in middle of the park with hundreds of people around you, would the temptation to fall be the same?

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Re: I'm about to FALL!!

Posted by YairA - 12 Oct 2012 19:18

im not doing anything to change.

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Re: I'm about to FALL!!

Posted by reallygettingthere - 12 Oct 2012 19:20

to change yourself or your environment?

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Re: I'm about to FALL!!

Posted by YairA - 12 Oct 2012 19:24

not changing myself.. Baruch Hashem ive for a lil bit.. but im stuck in my situation right now and cant break through. i need to get over being lazy and just start doing stuff but it seems i lack the motivation. i want to learn more Torah but im just not in the mood u can say.

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Re: I'm about to FALL!!

Posted by YairA - 12 Oct 2012 21:57

Shabbat Shalom. Baruch Hashem survived to live another day..

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Re: I'm about to FALL!!

Posted by YairA - 14 Oct 2012 00:09

after Shabbas.. Dont know what the future has in stock for me

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Re: I'm about to FALL!!

Posted by reallygettingthere - 14 Oct 2012 02:52

I survived as well (I'm finishing day 14)

think about what Dov asked you. Are you just holding your breath.

If you don't stay under water, you won't have to hold your breath.

What can you do to change your environment? There has to be something that's in your control that you can do before he YH becomes to unbearable. Stop trying to fight black belt matches. If you don't show up he won't beat you

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Re: I'm about to FALL!!

Posted by YairA - 14 Oct 2012 16:29

i need to change my mental environment not my physical environment.. right now whereve i go were having a problem so its all in my head

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Re: I'm about to FALL!!

Posted by reallygettingthere - 15 Oct 2012 22:10

do you know what your triggers are?

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Re: I'm about to FALL!!

Posted by reallygettingthere - 24 Oct 2012 04:39

I'm feling really stressed (an old trigger trigger)

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Re: I'm about to FALL!!

Posted by mr. emunah - 25 Oct 2012 21:40

Here's a loopy idea, pretend you fell and do whatever you do after falling (mikva, tikunklalli, talk to H' v,oid, v,oid)

and pretend your doing tshuva now with a fresh start.

I always feel it's easier to have clean days early on when yer all riled up against the nastydog Yetser, so instead of falling and THEN getting all nisorer, just pretend you did and get nisorer!

as Mattithias Kohen Gadol said to Judah Makabee and his 4 brothers, Rak Hazak V'Amatz!

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