

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 inastruggle - 07 Jun 2013 00:02

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you should make a on the way to 90 days thread.IT adds accountability if you decide to post every time you fall.Plus it's good to keep track of your progress.

Chizzuk:KOT KUTGW you can do it with Hashems help

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Re: I'm about to FALL!!

Posted by Dov - 11 Jun 2013 13:47

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[YairA wrote:](#)

what are you talking about?

What are you referring to, **YairA**?

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Re: I'm about to FALL!!

Posted by forhashem613 - 11 Jun 2013 23:42

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SOS!!!! hey anyone out there? Made it till 11 days clean and i dont want to fall... but i am getting that uncontrollable feeling!

i need some group support ASAP

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Re: I'm about to FALL!!

Posted by Gevura Shebyesod - 11 Jun 2013 23:49

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Hang in there! Find something interesting and productive to distract yourself with. And say a little Tefilla for Hashem to give you strength.

KOMT!!!

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Re: I'm about to FALL!!

Posted by gibbor120 - 12 Jun 2013 00:32

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Hi there Mr. forhashem,

Why don't you tell us something about yourself and your struggles?

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Re: I'm about to FALL!!

Posted by zvi - 12 Jun 2013 01:06

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Do some exercises, go for a jog. Keep going!

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Re: I'm about to FALL!!

Posted by forhashem613 - 12 Jun 2013 01:41

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I am 21 I grew up in a frum community, & went to good yeshivos. I was always close to my rebeim & learned very good. I was probably from the best boys in my yeshiva!

Over all I was an innocent yeshiva boy. In 12th grade, completely on my own I discovered the drug of mast\*\*\*.

Within days I was strongly addicted, and not realizing how wrong it was I didn't even attempt to stop.

After a few months of this activity I learned that it was a serious sin and naturally I decided to quit.

As you all know, addicts can't stop just because they want to!

I tried and tried and tried, but I couldn't break the addiction.

After a while I decided to just leave things alone and I just continued with my addiction.

In first year bais medrash after a very very traumatic experience ( which I won't get into) I found myself on a computer surfing the web... one thing led to another and I found myself looking at bad pictures for the first time in my life!!

After it was over I promised I wouldn't do it again, but just like if you tried cocaine once you will never be able to move on, I became trapped.

B"H I didn't have constant access to the internet, so I couldn't watch often, I would say it was about once every 2 months or so.

As I became more and more addicted it became more frequent.

Then I got an ipod!!!!!!!!!!!!!!

Now with the access I was able to get online much more often, and things got worse, my addiction grew and the time in between falls got less and less.

I kept on trying to put up fences... but they only held me back for a few weeks and then I would knock the fence down... and I fell all over again. I was completely out of control!!

I was so upset about the problem that one day I decided to sit down and write up a plan.

I wrote down my issues:

1) I mast\*\*\*

2) I look at po\*\*

Then I made a solution Colum.

1)

2)

But they were blank... I didn't know how to stop!

So I davened to hashem to help me find a way out.

The next day I found GYE!!!

Since then I have completely blocked access to the internet from my phone, I put a filter on my work computer and don't watch any movies at all.

I try to watch my eyes in the street and guard my mind from lust thoughts.

Mastu\*\*\* is much harder for me, but I have been clean for 11 days, and I hope to keep that going using the 12 steps!

So far so good, But I know that this addiction is not a 123 solution and it can jump at me when I am a little bored or stressed.

That's why we all need each other, because together we can beat this addiction!

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Re: I'm about to FALL!!

Posted by forhashem613 - 12 Jun 2013 01:56

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Thanx everyone for your quick responses i made it out safely, you really deserve all the credit!!

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Re: I'm about to FALL!!

Posted by Chachaman - 12 Jun 2013 02:27

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[forhashem613 wrote:](#)

Thanx everyone for your quick responses i made it out safely, you really deserve all the credit!!

At least for me, I think lust partially results from being a healthy bochur, but that for me, it quickly became an escape for problems in living. Perhaps do some soul-searching for stress, faulty thinking, etc. which might use lust as an escape. Go for the problem, not the symptom.

Anyway, congratulations on keeping on going strong! One day at a time!

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Re: I'm about to FALL!!

Posted by gibbor120 - 12 Jun 2013 21:42

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Thanks for sharing! There are usually emotional triggers, things we are unhappy or stressed about that bring us to fall. There are also very frequently family issues (divorce, abuse, harsh criticism, etc.) that are part of the picture as well. Many addicts tend to be perfectionists (oops, I

Hashem should get a little credit too

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Does any of this ring true?

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Re: I'm about to FALL!!

Posted by forhashem613 - 12 Jun 2013 21:50

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wow you hit it right on the nail!!

Things at home are far from great, i would say it is the primary reason i get stressed, and then have to fight the desire to act out.

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Re: I'm about to FALL!!

Posted by gibbor120 - 12 Jun 2013 22:06

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So dealing with those stresses is the "real" issue. We addicts usually have need a 2 pronged approach.

1- avoiding physical triggers: shmiras aynayim, not fantasizing, filters, etc.

2- emotional triggers: learning to deal with various stresses using therapy, 12 steps, friendship etc. Whatever helps you to deal with difficulties in a healthy way.

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Re: I'm about to FALL!!

Posted by Chachaman - 13 Jun 2013 07:06

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It's kind of funny, I never realized that I was really a perfectionist, but after reading Gibbor120's stuff on self-esteem (page 15 on the thread "Gibbor120's home", which was EXTREMELY

helpful) a few days ago (yesterday, in fact), I did a little soul searching and it rang true.

I found this article very helpful (I would recommend installing adblock before viewing, I have adblock so that's probably why I didn't see any ads):

[nymag.com/news/features/27840/](http://nymag.com/news/features/27840/)

Hatzlochoh! I think the attitude handbook is also about finding the real problems motivating our use of lust as a medication, as well as proper attitudes in recovery such as giving over the fight to Hashem.

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Re: I'm about to FALL!!

Posted by forhashem613 - 17 Jun 2013 21:40

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over the weekend i had a very stressful experience...

as a matter of fact i am still trying to get over it!

well my point is, that the more stressed i was the more i wanted to escape into the world of lust!

it was really amazing to see how everyone's advice was 100% true, we use lust as an escape from our problems!!

Parenting problems can be a real drag  
In case you were wondering I feel, B'DH i am still holding strong, but the fight is not over yet... i figured a post would help me make it through:))

thanx everyone for being there for me, when i need them most!!

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