

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

=====

Re: Fire inside Momo!! Help me quench it!

Posted by jerusalemsexaddict - 16 Sep 2009 06:56

Momo i really love you man.

Not only are you going through a rough time at work...

Not only are you stressed about the coming holiday (arent we all?)...

Not only do you work on a computer all day

But you are also in nida time....

What an army is up against you!

Wow!

But you didn't fall Sunday!

You didn't fall Monday!

You didn't fall Tuesday!

You didn't fall last week even though the whole week you were buggin out and in nidda period(pun intended)!

You didn't fall the week before!

You didn't fall the week before that!

How many hours of intense inner battle?!

How many times of saying no?

You are Yehuda Hamacabee facing a tremendous army, but coming out victorious one time after another.

You are Dovid destroying Goliath.

You are a Jew.

And don't you forget that.

You are a powerhouse, brother.

Keep making me smile

=====

Re: Im about to FALL!!

Posted by Momo - 16 Sep 2009 07:00

Yah! Uri's up and smiling!

How are you feeling? Is your fever gone?

=====

=====

Re: Im about to FALL!!

Posted by Sturggle - 16 Sep 2009 07:03

[Momo wrote on 16 Sep 2009 06:56:](#)

Thanks for responding Struggle. This is usually a "dead" time on the forum. Things pick up in a few hours.

I know it's quiet here. That's exactly why some of us here now. In case anyone needs help.

And good cliff story there. Big shkoyach for walking away from the edge.

If you need some extra rope to pull you back, don't hesitate to let us know!

I mean you already did in your other post...

=====

=====

Re: Im about to FALL!!

Posted by jerusalemsexaddict - 16 Sep 2009 07:03

yea right..

if only...

but its not as bad as it was before

its on and off...

im taking medicine for it

the doctor said that apparently i went straight from one virus to a new one.

baruch hashem.

no coincedence.

how u holding up?

if u call me,i might not be in the mood to talk for long cause my head is really bothering me..

sry..

-uri

=====
=====

Re: Im about to FALL!!

Posted by Momo - 16 Sep 2009 07:07

Struggle, thanks for your support. Good to know you've got me covered.

Uri, sorry to hear about your being sick. The good news is usually our lust is on low when we're sick. Also, you could use the rest.

Here's a photograph of us getting ready to fight the Y"H.

<http://upload.wikimedia.org/wikipedia/en/8/81/JediKnights.jpg>

;D

=====
=====

Re: Im about to FALL!!

Posted by jerusalemsexaddict - 16 Sep 2009 07:08

which one is me?

=====

====

Re: Im about to FALL!!

Posted by Momo - 16 Sep 2009 07:10

[Uri wrote on 16 Sep 2009 07:08:](#)

which one is me?

I don't know, but I'm the good looking one. ;D

=====

Re: Fire inside Momo!! Help me quench it!

Posted by Momo - 16 Sep 2009 07:27

[Uri wrote on 16 Sep 2009 06:56:](#)

You didn't fall last week even though the whole week you were buggin out and in nidda period(pun intended)!

You didn't fall the week before!

You didn't fall the week before that!

For the sake of emes, I just realized I miscalculated. Sorry. I think I've been clean 15 days, not 3-3.5 weeks as I originally posted (I corrected my original post). That would make it last week,

and the week before that, but not the week before that.

That's OK. One day at a time.

=====

Re: Fire inside Momo!! Help me quench it!
Posted by Tomim2B - 16 Sep 2009 07:29

[Momo wrote on 16 Sep 2009 06:34:](#)

I just pulled myself back from the edge of the cliff again, for the second time this week...

I want so badly to last and stay clean at least until Y"K...

I have to add, this is so crazy. When I was on the edge of the cliff, literally looking down and about to jump off (figuratively of course), I heard Guard's voice (not his real voice which is a secret, but a G-d like voice, kind of like in the movie the 10 commandments but without the echo, quoting Guard) telling me "Say to yourself that you will not do it no matter what! Your *** won't fall off!" I felt like a lunatic, I was having a conversation back and forth in my mind "Just do it, you'll feel better" "No! I will feel so badly afterward and get depressed. It's almost R"H." and back and forth, **until I just said "No" and walked away from the cliff.**

That's terrific! So far all I hear is all the successes that you've been having till now! Sunday, Monday, Tuesday and and all the many days leading up! Stay far away from the edge and by no doubt you'll continue kicking the y"h's tuches!

[b]I feel like a hypocrite giving advice at my stage but I can't help myself, so **please ignore this:**[/b]

As for now, stop thinking about making it till Y"K. We can only focus on the present moment, and if we can't ACT on the future now, there's no point in thinking about it either. It will only challenge us more by making this all seem much heavier than it really is.

In listing your stresses, it might present a clearer perspective if you'd list this amongst them (i.e. not only do I have stress at work, about R"H, etc., but I'm also stressed by the urge to act out). Seeing it this way may be saying that acting out is part of the problem - not the solution. All too often we try to use it as a coping method to deal with other stresses, but only to find that in and of itself it alone is a major source of stress. Once we're clear that this is one of our "stresses" we can then proceed to find a healthy way to deal with it, instead of using it to cope with other things. Acting out never really solved anything.]

Keep making us proud!

Your friend,

2B

=====

=====

Re: Fire inside Momo!! Help me quench it!
Posted by jerusalemsexaddict - 16 Sep 2009 07:36

[Tomim2B wrote on 16 Sep 2009 07:29:](#)

[Momo wrote on 16 Sep 2009 06:34:](#)

I just pulled myself back from the edge of the cliff again, for the second time this week...

I want so badly to last and stay clean at least until Y"K...

I have to add, this is so crazy. When I was on the edge of the cliff, literally looking down and about to jump off (figuratively of course), I heard Guard's voice (not his real voice which is a secret, but a G-d like voice, kind of like in the movie the 10 commandments but without the echo, quoting Guard) telling me "Say to yourself that you will not do it no matter what! Your *** won't fall off!" I felt like a lunatic, I was having a conversation back and forth in my mind "Just do it, you'll feel better" "No! I will feel so badly afterward and get depressed. It's almost R"H." and back and forth, **until I just said "No" and walked away from the cliff.**

That's terrific! So far all I hear is all the successes that you've been having till now! Sunday, Monday, Tuesday and and all the many days leading up! Stay far away from the edge and by no doubt you'll continue kicking the y"h's tuches!

[b]I feel like a hypocrite giving advice at my stage but I can't help myself, so **please ignore this:**[/b]

As for now, stop thinking about making it till Y"K. We can only focus on the present moment, and if we can't ACT on the future now, there's no point in thinking about it either. It will only challenge us more by making this all seem much heavier than it really is.

In listing your stresses, it might present a clearer perspective if you'd list this amongst them (i.e. not only do I have stress at work, about R"H, etc., but I'm also stressed by the urge to act out). Seeing it this way may be saying that acting out is part of the problem - not the solution. All too often we try to use it as a coping method to deal with other stresses, but only to find that in and of itself it alone is a major source of stress. Once we're clear that this is one of our "stresses" we can then proceed to find a healthy way to deal with it, instead of using it to cope with other things. Acting out never really solved anything.]

Keep making us proud!

Your friend,

2B

what a brilliant point by tomim!

its so true what he said:

the urge to act out is a big causer of stress.we need to leave that cycle.

same thing with cigarettes.

they dont relieve stress.

they just relieve our need for nicotine.

Acting out just deepens us in this cycle,while staying clean kills this cycle.

And then well be alot more relaxed.

But i diagree with u about one point tomim.

i think y'k is a good thing to have in mind.

itll give momo a clear goal and help him stay clean and persevere.

Aside for that,shkoyach atsum!

=====

Re: Im about to FALL!!

Posted by Momo - 16 Sep 2009 07:37

Wow 2B, you're dead on! Great post. Don't worry about feeling like a hypocrite at this stage. We all rise and fall, but that shouldn't stop us from giving chizuk and advice to each other. In fact, helping another is a way of recovering, by "getting out of our own heads".

You're right, my short term goal is day by day, but my long term goal is until Y"K. I'm not even thinking about 90 days.

Here's the big one: The urge to act out IS one of my stresses, and it doesn't solve anything. But, what is the solution? What's the healthy way of coping with it?

I know, surrendering it to G-d. But so many of us have asked, how?

=====

Re: Im about to FALL!!

Posted by Tomim2B - 16 Sep 2009 07:48

[Momo wrote on 16 Sep 2009 07:37:](#)

Here's the big one: The urge to act out IS one of my stresses, and it doesn't solve anything. But, what is the solution? What's the healthy way of coping with it?

I know, surrendering it to G-d. But so many of us have asked, how?

Check this out:

http://www.chabad.org/multimedia/kabbala_toons/default_cdo/aid/562100/jewish/Filling-the-Hole.htm

:D ;D

=====

Re: Im about to FALL!!

Posted by Sturggle - 16 Sep 2009 07:52

man!

to infinity and beyond!!!!

=====

Re: Im about to FALL!!

Posted by Momo - 16 Sep 2009 08:04

OMG! What an amazing site.

Check this one out. It almost made me cry!

http://www.chabad.org/multimedia/kabbala_toons/default_cdo/aid/982396/jewish/Big-Trouble-Meets-Small-Shofar.htm

=====