

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 Ezra - 09 Mar 2014 19:53

Reading the forums it does see like Motzei Shabbos / the first 24 hours after Shabbos are harder for many. Perhaps it is not just how one spends Motzei Shabbos but also that we have a hard time transitioning from explicit holiness, where we just feel the spiritual connection of Shabbos, to "normal life" where we need to work to add the holiness. Whatever the reason, you are not alone in this phenomena. Hope you are staying strong.

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Re: I'm about to FALL!!

Posted by yearning2bfree - 09 Mar 2014 20:54

Well, even though I couldn't fall asleep I didn't act out. I think posting helped, maybe I should try it more often...

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Re: I'm about to FALL!!

Posted by cordnoy - 09 Mar 2014 21:02

good to hear

also a copy of the white book would be of help.

reading it - especially in those times - is beneficial

b'hatzlachah

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Re: I'm about to FALL!!

Posted by Ezra - 09 Mar 2014 21:48

That is great! For me, the feeling of starting off the week right rather than ruining Motzei Shabbos, right after a great shabbos, is something worth remembering.

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Re: I'm about to FALL!!

Posted by yearning2bfree - 10 Mar 2014 02:41

I do have a copy of the white book, I'll try to keep it in mind. Thanks!

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Re: I'm about to FALL!!

Posted by R76 - 11 Mar 2014 00:55

What is the white book?

PS. I am seeing my therapist tomorrow.

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Re: I'm about to FALL!!

Posted by Joey Free - 11 Mar 2014 22:43

Hi R76, if you need to speak to anyone, give me a call or send me a PM... Big book / White book is for Sex Anonymous addiction group... I didnt need to get to that point, although I might try calling the ones offered on GYE, to strengthen fences.

Therapy first is what I recommend.

Also, if you dont like therapist (for objective reasons) or if you feel they are not understanding where we come from, change them.

Ironically, my therapist is a Woman, of course very unattractive. She practices Gestalt Therapy.

It is crucial to find a safe and nurturing therapist.

hope i can help.

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Re: I'm about to FALL!!

Posted by R76 - 14 Mar 2014 07:43

Thank G-d I did not fall -- even if I was about to fall for a long time.

I have talked to my therapist recently. He does help me greatly.

Is there a Jewish forum for general issues such as depression? There is a yeshiva forum, but it is premoderated and I do not fit there.

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Re: I'm about to FALL!!

Posted by Dov - 27 Mar 2014 14:26

Wow, R76 (really I am writing to you, not the GYE moniker, at all) - I think it is great that you are spending time w your therapist. You know how I have been writing you about that since the beginning. Boruch Hashem you have taken the initiative and I have a lot to learn from your example. Thanks!

Rather than entertaining ideas of judging whether he is the right one for you now, I sincerely hope that you immerse yourself in the therapy and whatever work he is giving you to do with G-d's help between sessions. People who need the help the *most*, are most often the ones who waste most of their time judging the *therapist*, rather than actually doing the work they desperately need to do. Same goes for a Rebbi.

We *think* too damn much.

Continued hatzlocha dear chaver!

- Dov

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Re: I'm about to FALL!!

Posted by R76 - 01 Apr 2014 02:05

[Dov wrote:](#)

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We *think* too damn much.

Continued hatzlocha dear chaver!

- Dov

Thank G-d I will see my therapist sometimes -- at most once in a month and a half.

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Re: I'm about to FALL!!

Posted by melost - 01 Apr 2014 14:21

my problem is with lust not sex or porn

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Re: I'm about to FALL!!

Posted by R76 - 19 Apr 2014 00:40

I have been thinking erotic thoughts all the time recently -- which is my reaction to very stressful situation. I hope I do not fall.

Can anyone tell me about foods/medicines which reduce the drive?

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Re: I'm about to FALL!!

Posted by laughingman - 23 Apr 2014 16:26

Try to keep busy ...just remember the thoughts are part of a chemical changelike any addiction....the chemicals wont cure your situationonly delay your responseif you want you can tell me whats bothering you on pm and i will answer as soon as i can

We are all (well most of the current world) going through rough times

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Re: I'm about to FALL!!

Posted by lightning - 27 Apr 2014 21:49

Friends, i need help!!

Im by my parents, open internet and tv,

Im going to be alone the next days, i had now a slip, i dont know how to stay clean the next 4

days

HELP!

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