

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 farblunjet - 01 Dec 2019 11:40

Is suicide allowed to be discussed on this site?

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 01 Dec 2019 12:26

Why not? If someone is in so much pain and can share it and get chizuk, go for it.

Disclaimer - The above resonse is if you or anyone else is in loads of pain but is not *really* considering suicide. But if it is really on your mind, first reach out to a real person for help.

Obviously you are having it rough. May Hashem help you resolve the issues and give you simcha and menuchas hanefesh.

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Re: I'm about to FALL!!
Posted by farblunjet - 01 Dec 2019 16:45

I'm not planning to do it. It just pops in my head at times when i'm just not interested in dealing with life.

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Re: I'm about to FALL!!
Posted by farblunjet - 01 Dec 2019 19:06

But considering the amount of alcohol i drink, i may be killing myself, indeed

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Re: I'm about to FALL!!
Posted by Realestatemogul - 04 Dec 2019 04:56

Hey farblunjent!

First of all, as Hhm said if that is a practical question then look for help from someone qualified. I am sure you have many wonderful years ahead and there are people who can help you see that

Anyway, I also have had "thoughts" like that. I would never actually commit suicide C"V, but I

think society has conditioned people in a certain sense that it is the way to escape our problems. Really that escape is similar to the escape you mentioned of drinking alcohol and the one that everyone on GYE is dealing with, P@*n (porn).

I think the best solution is counting your blessings and focusing on what there is worth living for on this earth that Hashem graced us with. Whenever a thought like that pops up, realize that it actually isn't something that is worthwhile and use the thought as an opportunity to refocus on what your goals in life are and who the people are that rely on you in their life.

May you be blessed with happiness!

-A Fellow Human

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Re: I'm about to FALL!!
Posted by Dave M - 04 Dec 2019 14:34

Beautiful Post!

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Re: I'm about to FALL!!
Posted by NachalNovea - 28 May 2020 23:38

I can't believe I just fell.

I feel as if I have no strength. This is following one of the longest streaks in my life.

I feel destroyed, like I let my loving parents down

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Re: I'm about to FALL!!

Posted by Chaimsimcha13 - 31 May 2020 02:01

Now is most important to get back up build on failure see how you can improve next time you got this now is not the time to throw in the towel you may have lost the battle but you're winning the war don't surrender that would not be smart get back up and win the next battle

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Re: I'm about to FALL!!

Posted by Hashem Help Me - 31 May 2020 04:37

[NachalNovea wrote on 28 May 2020 23:38:](#)

I can't believe I just fell.

I feel as if I have no strength. This is following one of the longest streaks in my life.

I feel destroyed, like I let my loving patents down

Mazel tov on your long streak. How are you celebrating it?

I am serious buddy. If lets say you were helping a fellow to stop speaking lashon hara. He used to speak every other day. That equals approx. 180 times a year. He works on it and keeps his mouth shut from gossip for 36 days. Incredible! That is an average of 10 ties a year. Of course being that he is focused, he will iyh get past 36 too.... So buddy, why is this different?! Go celebrate, clean up, and move on. Great things are waiting for you iyh.

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Re: I'm about to FALL!!

Posted by good1 - 12 Jun 2020 13:15

Love this idea, but it confuses me because if someone/i am in that state of mind, even posting

may not stop/prevent, but only delay, and then potentially speaking with someone would also just be a further delay, and it could also seem odd to be thinking that, and also asking someone to call you. the emergency picture resource i found on this site once helped a lot, and the whatsapp status about our blood being as korban if we hold it, but i've been falling weekly/monthly for a year now.

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Re: I'm about to FALL!!
Posted by Hashem Help Me - 14 Jun 2020 10:48

Speaking to someone is not to delay acting out. It is to help you rewire your brain about sexuality, and to create accountability. It helps remove the "need" to act out....

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Re: I'm about to FALL!!
Posted by farblunjet - 02 Jul 2020 12:17

yes, i am,

(tried to post here, but it seems like by mistake it posted a new topic in the main forum... not sure what happend :\)

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Re: I'm about to FALL!!
Posted by farblunjet - 19 Nov 2020 18:14

What to do if you're lonely ?

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Re: I'm about to FALL!!
Posted by 5770 - 02 Dec 2020 21:34

Good question. I dont know really, I've come to realize after MANY years that p%%% is a symptom* of loneliness. Day 15, and (to quote this title) I'm about to fall!

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* based on zero scientific evidence, i might add