

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: I'm about to FALL!!

Posted by Ministaros Nakeini - 30 Dec 2009 07:35

---

thank you habib for your concern,

Just caught up on some forum stuff- feeling a lot better,

going to shut this darn computer!!!!

night, night

=====

Re: I'm about to FALL!!

Posted by habib613 - 30 Dec 2009 07:37

---

good job

good night!

=====

Re: I'm about to FALL!!

Posted by Kollel Guy - 30 Dec 2009 09:08

---

[Ministaros Nakeini wrote on 30 Dec 2009 07:14:](#)

OK, here we go,

Just cracked my wifes e-mail password, now I can get K-9 to send me a temp password(it goes to her e-mail) and reset the whole thing- I havent fallen for a while, I doubt that she'll check K-9 in the near future and realize that I changed the settings for a littla AAAHHHHHHHHHH, shleped myself here before actually doing going through with it... hoping that I will fall asleep reading all these threads that I fell behind on, or get enough chizuk to get me through the night- got to get her to change that password tomorrow....

You have to look at that password like a needle with aids on it. Get rid of it, it doesn't matter what excuse you have! You have an opportunity NOW which you will NEVER have again! PLEASE take advantage of it before it's too late. Just sit down with her and make a new email address just for this, and tell her to make a new password which you won't guess. Do it TODAY don't delay till tomorrow or even later, even if your sure you will do it then....

Don't let us down.

=====

Re: I'm about to FALL!!

Posted by ark321 - 30 Dec 2009 21:18

---

[penitent wrote on 30 Dec 2009 03:59:](#)

Hello, I haven't really spoken up but I kind of felt ok the past few days because my wife was mutar to me.. Well , guess what, a few hours ago she said she was still"good". Then she tells me- sorry...it came. Typical. gets my hopes up-then it comes crashing down. I don't get the urge to M\*\*\*\*\*e, but rather, how could looking at videos hurt? Of course I know the answer. That's why I am writing now instead of watching. My urges are low now but in 1-2 weeks...I know what will happen. This really is progress for me as I am using this as a venue to express myself and get my "demons " out there. Maybe they will leave. I just said kiddush levanah .I heard that the Roshei Teivos for "sheloh yeshanu et tafkidam" spells "Ishti" meaning kiddush levana is a segulah for a man's wife to have a normal cycle, which revolves around the moon. Good night and thanks for listening.

Penitent

Ur videos will lead to u know what, and then when ur wife becomes muter it just wont be as good. Lets face it, the longer u wait the better it is, and if u cant resist for the right reason, at least resist for this reason.

=====

=====

Re: I'm about to FALL!!

Posted by Dov - 30 Dec 2009 21:41

---

Hi Penitent!

Thanks for sharing what's going on inside with you. Personally, I approach my stuff differently now, but can relate 100% to what the muddled mess that you describe so clearly. Youv'e got some great feedback already, so i can speak my heart, too.

How about looking at the SA white book? You can skip the start and begin with the chapter called "Step Zero". It's not the same old predictable stuff we have all heard before. It rips the cover off what's going inside many of us, and may speak to you. It may help, too.

GYE has a link to it somewhere here. Ask Guard if you wish to do check it out. All the best, chaver!

-Dov

=====

=====

Re: I'm about to FALL!!

Posted by the.guard - 30 Dec 2009 23:10

---

For the SA whitebook and all the other great 12-Step literature, see [this page](#) (scroll down)

=====

Re: I'm about to FALL!!

Posted by penitent - 31 Dec 2009 04:02

---

Thanks for the chizuk. still going strong. I wouldn't want to disappoint any of you.

=====

Re: I'm about to FALL!!

Posted by habaletaher - 31 Dec 2009 04:35

---

Keep it up pentinent, Just one day at a time... Instead of shooting for 90 days, shoot on making it to the green zone without falling...

YOU CAN DO IT!! We Can Help! Home Depot... No, I mean GYE!

=====

Re: I'm about to FALL!!

Posted by penitent - 31 Dec 2009 04:56

---

I read a lot of the white paper re:SA. I do see myself in that and relate it to my own experiences. I do have a problem though with understanding all this "lust" etc. Maybe I look at myself and my relationship with my wife... I have all these thoughts in my head.... part of me wants to break down and cry, as so many times before. The gemara in Yoma 74: says in the name of R' Zeira "Tov mar'eh aynayim mehalach nafesh.. Tov mar'eh aynayim b'isha, yoter m'gufah shel ma'aseh" To look is always better than the actual deed. It's the musings we conjure up in our minds that is exciting. It's intersting to note that scientifically, the sympathetic system is responsible for arousal, erection, while the parasympathetic system-which calms us down- is

responsible for ejaculation. I always thought that the final Zing would be carried out by the system that is responsible for an excitatory response. In reality, you could say it's all over when that time arrives. Am I too deep? Anyone have any clue what I'm saying? Do I???

My original question is that chazal recognize human nature. To call it lust and label it a problem i.e. say I have a disease and to give me a cure seems extreme. Maybe I am in denial. See what I mean by thoughts in my head? Did chazal call that lust? maybe. but they stress controlling the yetzer. There is a book called Cheshbon Hanefesh which was written 150 years before Pavlov dogs, which really targets behavior modification. I recommend it highly. Chazal may tell us of Gedarim we should set but it's another thing to put it into practice.

=====

Re: I'm about to FALL!!

Posted by Dov - 31 Dec 2009 18:30

---

Dear Penitent -

Yes, it is clear that the different nervous systems work that way, as I have shared with some people out of my own experience. I'll PM you something about that issue specifically.

I love you. Period. So, please consider taking what I will share with you the way it is meant - not *at all* as criticism - only as a sharing of my experience with you. Besides, as "imtrying25" will tell

You ask about SA's use of the term "Lust". You are bringing up chazals to understand the term, rather than using examples from your own personal experience with your own problem. I'm all for chazal, but if we are trying to uncover what is really going on within us, it would seem that being honest with ourselves is far more important than what a sefer says.

If folks say this borders on apikorsus, then my response to them is that I'll gladly choose honesty in gehinom over dishonesty in Gan eden, any day. Why? Because the only thing that saved me from my personal gehinom in addiction - and it *was* *gehinom* (I need *no* chazal or sefer to tell me *that*) - was **honesty**. And in my case, I needed a chevra and a sponsor to help me do that. I found that in SA.

Besides, chazal tell us that this world is an olam hafuch - those who are high here are low there. To me that includes us when our frumkeit that is external - only in *our brains*, like Eisav's big head. Trust me, when we inject some shameless personal honesty into the mix, Torah becomes incredibly more powerful as a force in our lives. V'anavim yirshu aretz. The one's who seem low on the outside, are *really* high. Kapeesh?

On the other hand, being frummer did me no good, it was doomed to forever be a half-measure because - after all - *I* was the one defining and enacting the "frumkeit". It seems that you are in the same boat, otherwise why are you here? ;D

Do you get what I mean?

What do chazal mean when they tell us: "Derech Eretz Kodmah L'Torah"? To me, this is *exactly* what they are talking about.

Don't look to the Torah to save you when you are insane. How can you expect to succeed while *you'll* be the one applying and measuring it? The basis of all frumkeit *is* personal responsibility. Darf zeyn a mentch, ershtence. The yidden at Har Sinai **had** to be healed *before* they could accept the Torah, right? Yidden need to have some basic mental health - specifically self-honesty - to use Torah successfully as instructions for living. Otherwise it's *known*, but not applied - hey! kind of like in *our* case, right? The GYE-er: a frum yid who just can't "get frum" in this area...drives us nuts, doesn't it?

In fact, a total shoteh is totally patur from the mitzvos. We in addiction are not true shotim, only full of "*ruach*" shtus. We are not p'turim, but seem doomed to fail at it. This insanity is clearly discussed in all 12 step literature. If you want to talk about it more, I'll gladly share my insanity with you (that sounds funny, doesn't it?).

So, I ask you (as chazal put it): how can a "chavush be matir **himself** from the beis ha'asurim"? Chazal inform us that he *can't*. And who is more of a chavush than an addict? No one, to me. Isn't the self-application of Torah exactly what **all** of us do for years and years until we make enough of a mess of things that we finally reach out for help, as you are?

Keep reaching for help. It's here.

Now, maybe we can talk about lust a bit.....

=====

Re: I'm about to FALL!!

Posted by imtrying25 - 31 Dec 2009 18:40

---

Thats it!! Im officially sponsering the book "A Daily Dose of Dov". That post just blew my mind. Wow.

Penitent; I hope you digest this sherr brilliancy. take it one word at a time. Digest it. And then

read it again.

=====

Re: I'm about to FALL!!

Posted by penitent - 03 Jan 2010 17:12

Just some friendly advice.

---

Dov,

Thanks for your words off wisdom. I'll have to read it over and over. I did get some of it. pls feel free to PM me. Looking forward to it.

P

=====

Re: I'm about to FALL!!

Posted by Dov - 03 Jan 2010 22:18

---

[penitent wrote on 03 Jan 2010 17:12:](#)

Dov,

Thanks for your words off wisdom.

Love the typo!!

pls feel free to PM me. Looking forward to it.

P

You're it!

=====

Re: I'm about to FALL!!

Posted by imtrying25 - 03 Jan 2010 22:22

---

[dov wrote on 03 Jan 2010 22:18:](#)

[penitent wrote on 03 Jan 2010 17:12:](#)

Dov,

Thanks for your words off wisdom.

Love the typo!!

pls feel free to PM me. Looking forward to it.

P

You're it!

Rebbi i didnt know you had this nutty side to you?!? :D :D :D :D :D :D

=====

=====