

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 Kollel Guy - 13 Jan 2010 08:28

Way to go 36nik!! That takes a lot of strength...

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Re: I'm about to FALL!!

Posted by Tomim2B - 13 Jan 2010 08:29

Wanna call? Send me an e-mail at Tomim2B@gmail.com, and I'll provide you with my number.

2B

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Re: I'm about to FALL!!

Posted by lamed vavnik - 13 Jan 2010 11:15

fell . its over . i can get back up now . there was so much pressure in my life i got depressed . i didn't know what to do next there was so much to do . should've called someone i don't even know if that wouldv'e worked . i havent felt that bad in a long time . i am alone, everyone wants to help me but they want me to tell them waht to do . they wait for my lead . i have to run all this myself and i don't even know what to do . now to top it all off i fell badly after 20 days .way to go .

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Re: I'm about to FALL!!

Posted by BecomeHoly - 13 Jan 2010 13:44

DONT FEEL BAD..... after the fact, it obiously was meant to happen. Treat it like a new beginning - god decided you needed a "refresher" and now Go full force. Take care of that thing you needed to take care of - God has given you the energy to do so. Realize that NOTHING can bring you down. You can overcome it all... because now you're a new man!

If you feel bad now... guess who win? The YH!

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Re: I'm about to FALL!!

Posted by silentbattle - 13 Jan 2010 14:45

We say FELL SHMELL - because your avodas hashem right now is to move forward. And I already know that you are moving forward...

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Re: I'm about to FALL!!

Posted by Ineedhelp!! - 13 Jan 2010 14:49

Lamed Vavnik,

Although you mayu have "lost the battle", I read through your last few posts before you fell and I see great courage in you. You identified that you were going to fall and did something about it. That is PROGRESS. We are looking for "progress not perfection" as Duvid Chaim always puts it. I knwo many times when I feel I am about to fall I alienate myself from the forum, but you came here for help. And even though you had a fall, its just a bump in the road towards your ultimate goal of getting closer to Hashem. Stick with it buddy cause I see a lot of potential in you.

All the best,

-Yiddle

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Re: I'm about to FALL!!

Posted by me - 13 Jan 2010 14:53

Great, a new beginning. But, don't forget, it could be that the "fall" was when you were already in the state of depression?

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Re: I'm about to FALL!!

Posted by lamed vavnik - 13 Jan 2010 16:41

[Yiddle2 wrote on 13 Jan 2010 14:49:](#)

Lamed Vavnik,

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All the best,

-Yiddle

thanx a lot . you're right . even tho' i fell , i know inside that i have grown so much from my other times . i also know that this was a pressure and difficulty that was yotzay min haclal . it was crazy . i'm still not sure what happened to me or why . i did better than i thought i ever would .
i just hope i beat this thing b/f my time is up. :-[

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Re: I'm about to FALL!!

Posted by lamed vavnik - 13 Jan 2010 16:54

[me wrote on 13 Jan 2010 14:53:](#)

Great, a new beginning. But, don't forget, it could be that the "fall" was when you were already in the state of depression?

you're probably right , but i don't remember feeling that helpless and lost since i was a little kid . i'm talking single digits. i wasn't expecting that kind of reaction from myself at all. it totally swept me . and it's not over yet, but i feel better . like the worst is over . I hate to say this b/c i don't imagine it's very good for recovery , but i think it helped me to get "it " out of the way and then i could think more clearly about what's really wrong . it sort of pushed me to realize i have to do something to get it together .

H' should help me next time will be better .
How bad is that?

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Re: I'm about to FALL!!

Posted by silentbattle - 13 Jan 2010 16:59

I think that good or bad, it's natural...even on a purely physical level, falling in that way relaxes us...which is part of the reason it's addictive.

I have faith, though, that next time you'll have the ability inside yourself to rise above the confusion...

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Re: I'm about to FALL!!

Posted by lamed vavnik - 13 Jan 2010 17:32

[Rage ATM wrote on 13 Jan 2010 16:57:](#)

listen, man, its even more important to take extra precaution to make sure that no matter what we dont allow one fall to chnage the course of our recovery or swing the momentum of the war...what you have accomplished so far is simply amazing...stay focused...you are STILL the same amazing warrior you were before you fell...NOTHING has changed...stay the course, soldier...

thanx . i appreciate it . i think you're right , the avoidah is what is most important . i was doing some good stuff , and i don't want to stop now ! but some techniques lemayseh for dealing w/ tension and anxiety would probably help me for next time . i need to keep my focus . not easy . maybe somrething else to add to my avoidah list ,.

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Re: I'm about to FALL!!

Posted by silentbattle - 13 Jan 2010 18:10

I know that when I'm dealing with stress, relaxation breathing techniques help relax me...are you familiar with any of them?

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Re: I'm about to FALL!!

Posted by penitent - 13 Jan 2010 20:52

quick question for the group, Should I be working on both stopping P**n and M*****N both at once, cold turkey , or stop the M*****N only although the other stuff may lead to it. Or maybe that was my Y"H talking and rationalizing?

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Re: I'm about to FALL!!

Posted by Kedusha - 13 Jan 2010 20:55

[penitent wrote on 13 Jan 2010 20:52:](#)

quick question for the group, Should I be working on both stopping P**n and M*****N both at once, cold turkey , or stop the M*****N only although the other stuff may lead to it. Or maybe that was my Y"H talking and rationalizing?

The short answer? Both.

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