

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 shemirateinayim - 03 Mar 2010 01:48

---

sorry for the slow response time. but just look at the bigger picture, what will your current addiction do to you. And what will it develop into. AND where do you see yourself 20 years from now.

Now look at the flipside. this perioud of your life will just be forgotten, you will be a healthy person, and not a S-- Addict. You can finnaly breath s sigh of releif, knowing that the hard part is behind you.

=====

Re: I'm about to FALL!!

Posted by aryehtahor - 03 Mar 2010 01:51

---

Thanks SA. That helps. I have been reading and posting on the forum and feeling more distance already.

=====

=====

Re: I'm about to FALL!!

Posted by shemirateinayim - 03 Mar 2010 02:04

---

Ive been falling since 1am last night...so if anyone can give me alittle wakeup call, it woulbe very much be appreciated.

=====

=====

Re: I'm about to FALL!!

Posted by aryehtahor - 03 Mar 2010 02:11

---

If you're married, think about your wife.

If you're not married, think about your future wife discovering that you look at pornography. Realize that if you fall now you are getting closer to that scenario and if you resist, you are getting closer to having a healthy and loving relationship with her.

Maybe that helps?

=====

=====

Re: I'm about to FALL!!

Posted by shemirateinayim - 03 Mar 2010 02:53

---

Think about how I will break this to a girl I am going out with. I won't even have the avility to "play-down" the issue, since I lack even a 'clean streak'.

=====

=====

Re: I'm about to FALL!!

Posted by Dov - 03 Mar 2010 17:04

---

Hi. Anybody actually working *steps* here, or is GYE now *just* about "chizzuk till the next battle"?

Sorry for being a bit confrontational....lust *is* confrontational, though.

I need to change and grow, or I'm just a ticking time bomb.

Hatzlocha rabbah.

=====  
=====

Re: I'm about to FALL!!

Posted by shemirateinayim - 03 Mar 2010 19:57

---

[dov wrote on 03 Mar 2010 17:04:](#)

Hi. Anybody actually working *steps* here, or is GYE now *just* about "chizzuk till the next battle"?

Chizuk is a great thing.....ok fine I haven't been doing them

BTW alot of people on this forum haven't implemented the 12 step program, all they have done is simple teshuva. To list their identities would be detrimental to the entire forum, so I won't quote them

=====  
=====

Re: I'm about to FALL!!

Posted by the.guard - 03 Mar 2010 20:36

---

[shemirateinayim wrote on 03 Mar 2010 19:57:](#)

BTW alot of people on this forum haven't implemented the 12 step program, all they have done is simple teshuva. To list their identities would be detrimental to the entire forum, so I won't quote them

Those people you speak of, basically came here, saw they're not alone, read some stories, tips and posts, and never went back again. But for a guy like you, who has been on our site since it's very start, and still falling into the same rut, it might be time to admit defeat and try something really DIFFERENT, with a new humility... Just saying...

And *especially* a guy like you who has such a powerful soul, full of energy and wisdom.

=====

Re: I'm about to FALL!!

Posted by aryehtahor - 03 Mar 2010 21:30

---

Since my last fall, and my general life situation at the moment, I have decided I would like to start working the steps. Perhaps this is not the right place for this question, but can the steps be effective if you basically print them out and study them a little each day and think about them? Or do you need to be involved with a program, and go to meetings and have a group of people etc.? I ask because I can't practically be involved in an SA program at the moment and am wondering if I will get *\*anything\** out of what I said above, or if it will be basically a waste of time and I should try to learn Mussar instead.

Thanks.

=====

Re: I'm about to FALL!!

Posted by Dov - 03 Mar 2010 23:06

---

I PM'd you, rebbe Aryeh tahor. Hope enough "engalesh" is in it to make some sense....

But for the record, haven't you *been* learning mussar already? If not, what praytell (that's fancy talk for "the hell") have you been doing all these years?

And no, the steps are not said to work unless you "work" them. It requires action, not reading and thinking. Even writing, which *is* absolutely indispensable for most folks, is not enough. Action is needed.

The concept of "kol ha'omer: 'ein li ella Torah' ("I only want to *learn* - not keep the mitzvos"), afilu Torah ein lo!" applies to the steps even *more* so.

Just for fun, here's a vertle:

A question:

Why is it that if we smear mud or whipe a shoe on our backs or faces we can still learn Torah, but if we touch a shoe with our hand we cannot? What's with the hands?!

An answer:

Hands symbolize action - asiyah - what the malochim are missing. That's why we have the Torah, not them. Hands being dirty symbolizes that they are not muchshar for asiyah - there is an inherent lack in our ability to *implement* Hashem's Will.

And one who is not in a state to put the Torah into action is posul for learning because it is as though they are saying "I'll just learn it". And apparently, that's not what Torah was made for. Our hands have to be OK, even though our asiyah will not be perfect. They need to be ready for Hashem to work through them.

Hatzlocha!

=====  
=====

Re: I'm about to FALL!!

Posted by Ineedhelp!! - 04 Mar 2010 02:56

---

Just for the record, Mussar is also not enough to "just read" or "learn". If you dont put into action, you really havent done anything except read it. Lets not be so quick to put away the

mussar and Torah, but the 12 steps can be usefull nonetheless.

Love ya Dov,

-Yiddle

=====

Re: I'm about to FALL!!

Posted by the.guard - 04 Mar 2010 10:13

---

I agree fully with Dov, but I still think there's some merit in reading the 12-Ste material if there's no chance of doing anything more at this point, as per the advice of the handbook. I would read the Big-Book and the White-Book of SA. Then the 12 & 12. First of all, you'll find there a lot of good perspective, which can help you if you aren't "too far gone". And second, if/when you are ready to join a group, you'll be familiar with the concepts.

You can find the 12-Step literature on the second half of this page:

[www.guardureyes.com/GUE/12Steps/12Steps.asp](http://www.guardureyes.com/GUE/12Steps/12Steps.asp)

=====

Re: I'm about to FALL!!

Posted by shemirateinayim - 07 Mar 2010 17:23

---

GUARD ? Since when don't you agree with DOV????

I started the 12 steps (1-4), although I need to remind myself of the first 3 steps by every nissayon. Im an addict, "ain od milvado" "kol demam dakka" "Alef Dalid Yud Nun" , and "tatte.....save me!!!!!!!!!"

I can already record the 'infomercial' for the program! I started, and saw INSTANT results. My Y"H was kept under check, and I haven't fallen since (they always exhadurate alittle)

Can we use this thread for it's intended prupose?????? "sos I'm paying the zona as I type this!!"

=====

Re: I'm about to FALL!!

Posted by trying123 - 07 Mar 2010 17:52

---

Hey Shmirat Eynaim....

Wahts going on..?

Talk...

=====