

I'm about to FALL!!

Posted by jerusalemsexaddict - 13 Aug 2009 21:26

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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 jewinpain - 15 Mar 2010 01:52

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guys, its been almost 7 weeks now, & i just dont have any more koch, desire, intrest, or whatever u wana call it to stay clean, i just wana give it all up, i hate everone on this world, can u please stop me, only reply if u got sometin wise to say

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Re: I'm about to FALL!!

Posted by Ineedhelp!! - 15 Mar 2010 02:51

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Hey JIP,

Feel free to PM, email me or we can gchat at [Yiddle2@gmail.com](mailto:Yiddle2@gmail.com) !

You know you can do this!

-Yiddle

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Re: I'm about to FALL!!

Posted by DesperateJew - 15 Mar 2010 03:07

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I am a bit overwhelmed and just want to stay up and watch a movie which I would be doing as an 'emotional cave' to run to... not as a healthy neutral thing.

It's bothering me that I want to behave this way knowing full well that it may cause me to act out.

Any supportive words as counting these days gets harder?

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Re: I'm about to FALL!!

Posted by Ineedhelp!! - 15 Mar 2010 03:15

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Hey DJ,

Lets take a step out of our normal bodies here and call a timeout for a second! Gets harder? Just think about what you did. You were able to realize the potential dangers in watching a movie. Thats probably something that a few months ago you would definitely not have done. Isnt it already getting easier?? Feel free to email me or gchat me at [Yiddle2@gmail.com](mailto:Yiddle2@gmail.com) or PM me here.

Keep it up youre doing great!

-Yiddle

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Re: I'm about to FALL!!

Posted by Dov - 15 Mar 2010 20:20

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[jewinpain wrote on 15 Mar 2010 01:52:](#)

guys, its been almost 7 weeks now, & i just dont have any more koch, desire, intrest, or whatever u wana call it to stay clean, i just wana give it all up, i hate everone on this world, can u please stop me, only reply if u got sometin wise to say

Dear Jewinpain - are you asking for something *wise*, or something *helpful*?

This may not sound very wise to you, but I'm not as stupid as I used to be, so here goes:

its been almost 7 weeks now

7 weeks of ***what?***

Of freedom from being a slave to your lust?

Or seven weeks of being "good"?

If it's been a bit of freedom, why wouldn't it be at least somewhat enjoyable? Wherefore all the

misery?

If it's the second (and that's my guess) then I don't blame you at all for being sick of it, but also have little sympathy. Been there, done that.

Admitted, I do not know you and whether or not your life *is* basically being screwed up by the lust that you do not successfully control, but here's my pitch: For an addict, trying to avoid or overpower their drug in order to "be good" - is just another silly recipe for disaster. What the H gives us the idea that we can beat it *now*? Usually, I maintained the struggle just to keep lust in my life - when actually faced with the option to give it up I found myself absolutely terrified! Besides, struggling with "evil" is exactly how we *became* as screwed up as we are! An addict does not win, and the struggle invariably becomes a *dance*. We are not supposed to *dance* with arayos, are we? The way the AA's put it was this: "My very *best* thinking is what brought me here. Uh oh."

So, dear Jewinpain, if you make up your own mind that you are tired of failing at being "good" and are ready to give-up beating your head into a wall and feeling sorry for yourself about the severe headache, we may then have something to talk about. It may even be *wise*. For in my experience, Recovery is about Freedom and being with Hashem, not about our own strength and our own goodness. For an addict, that's just more foolishness.

And *that's* where the steps ***begin***.

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Re: I'm about to FALL!!

Posted by bardichev - 16 Mar 2010 03:29

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Dear Jew in Pain

Listen to what Dov say he speaks with reason

He is begging you to stop trying to turn the roller coaster around

Allow yourself

Yes allow yourself

To give the fight over

That does not mean you are a loser or weak or subpar or not a good Jew etc

All u need to do is allow urself to thinl a little different

YOU CAN'T TAKE THE Y"H head on

You can cleave to Hashem and ride along with him

Hashem sees your pain

Hashem sees your potential

You can do it

Believe in yourself

The fact that u are screaming in pain proves that your Neshama is alive and on fire!!!

KEEP ON TRUCKING

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Re: I'm about to FALL!!

Posted by zalmandovid - 18 Mar 2010 00:59

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i don't know what to do anymore i have a huge headache, my scrotum is in pain. I feel like i will die if I don't give in

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Re: I'm about to FALL!!

Posted by jewinpain - 18 Mar 2010 01:06

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Hey brother, sorry to hear, can u find the source of this headache where is it coming from, and what is it related to ur pain of ur scrotum, and by acting out y will ur headache go away, u will only add a dose of depression to ur headache, imagine the good feeling of not giving in and doing something better instead, just think of hashem watching u from across the hallway on his chair through a glass door, and telling his malochim, do u see why I needed to create humans, look at zalmen, he just overcame a huge challenge, I'm so proud of my jews down there, and for the yitsal hura, tell he should go fly and not be a sicko, he's doing what hashem wants him to do and u r doing what hashem wants u to do, so u r even and he can not expect u to do any different than he does, let me know if u need more

Stay clean for my sake

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Re: I'm about to FALL!!

Posted by Dov - 18 Mar 2010 01:33

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If you want sympathy i can't help you that much from here, but If you *were* here I'd cry with you and give you a real hug. You are an amazing person, ZD.

If you want advice, I'd just accept that the pain you describe will actually pass completely. And if your body knows otherwise it'll make what needs to happen, happen on it's own, and with no help from you or lust. You just keep ZalmanDovid's eyes on the prize: ZD's sanity and sobriety. Everything will get easier if you ride this one out with help.

One more thing: I don't waste my time trying to stay clean because it's ossur. Rachel and Leyah gave all the reasons for leaving their jerky-father's house *before* they added, "and that's what Hashem wants you to do, so let's go!". So, why are you really here? Is it because something just woke up in you to suddenly start keeping halocha? or was there something more that drove you to take the step of going to GYE? Did you start to accept what your lust problem does to *your life*? What *does* it do to your life?

I hit a point that it became clear that it was ruining my life and would destroy me if I just gave it...but *I still had to give in!* That's when I finally went to any lengths to really get the help I needed. I found SA and went to meetings, bared the entire truth about me to addicts in recovery, and "virtual" (back then it was phones) wasn't enough for me, by a longshot. I needed real meetings with real people. It had to be as real as possible for me to get the most real results. I was able to say: *Hashem I give myself to You and please take my lust away from me now. Please don't help me "overcome" this - take it away from me, please. I want no awards, no s'char, no revenge on the YH nor anybody, and I'm not trying to 'prove' anything. I ask you to free me from this lust in order to be healthy and useful to your people. After all, I'm Yours! Thanks you for helping me so much in the past!* I follow this up with a calm gratitude list, while I lay on my bed and try to sleep. Nu. Life is really weird sometimes....

And should the urge return 2 minutes later, i say the same prayer again. And again. I can pray longer than lust can do *it's* job.

Hang in there, little buddy!

("little buddy" is just a figure of speech, tovarish)

("tovarish" is....oh, never mind!)

With much love and admiration to you,

Dov

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Re: I'm about to FALL!!

Posted by trying123 - 18 Mar 2010 03:21

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A quote:

Hope things worked out....

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Re: I'm about to FALL!!

Posted by silentbattle - 18 Mar 2010 04:25

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Reb ZD - how you doing? I hope you're still hanging in there!?

When you feel like giving up try to remember why you held on for so long to begin with....

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Re: I'm about to FALL!!

Posted by zalmandovid - 18 Mar 2010 21:08

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B"H I am hanging in their.

Thank you everyone for your help.

Dov, I did as you said and BH it worked.

I hope everyone is doing well.



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~~Re:~~ Re: I'm about to FALL!!

Posted by Tev - 18 Mar 2010 22:49

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ZD,

Good to hear your back on your feet!

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Re: I'm about to FALL!!

Posted by jewinpain - 18 Mar 2010 22:51

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Reb Zalmen, tn timer for the update I was thinking of u

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