

I'm About to Slip!

Posted by Kedusha - 29 Oct 2009 14:14

One of the most popular threads on the forum is the "["I'm about to FALL"](#) thread, started by Uri in mid-August. That thread allows forum members to call out for help if they feel that a fall is impending.

The problem is that it's often too late, the reason being that, if a member is about to "fall," he may well have already "slipped" (for the difference between "slipping" and "falling," see [here, rule #8](#)). One reason that it's called "slipping" is that, once we've slipped, it's often a "slippery slope" until we, c"v, fall and, quite often, fall hard.

So, I thought it might be helpful to start a new thread, for those who have not even slipped yet, but are afraid that they're on the verge of doing so. By calling out for help at that point, they may well be able to change course before things start getting totally out of control.

Remember: Just as alcoholics must avoid that first sip, we need to avoid that first slip!

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Re: I'm About to Slip!

Posted by trying123 - 02 Mar 2010 05:44

[Luria wrote on 02 Mar 2010 05:17:](#)

Hi guys,

I don't know what to do. B'h I've got myself a good streak going. But I'm waiting to hear back some about big career news in about 2 months and whenever i think about it (e.g. now) I get all nervous and antsy and just feel this automatic urge to start looking at p**n which I've worked so hard on avoiding.

I don't want to fall again. anyone have any chizuk/advice?

Please.

Dear R' Luria,

don't think we've met...

If I'd have to guess I'd say that the tension of whether or not you'll get good news, causes stress/anxiety/whatever you wana call it...

The mind automatically searches for comfort...

We automatically reach for our good(read:bad) old comforter...

Very understandable...

Thing is, It never delivers on it's promises... It may or may not sooth for a few minutes, but it then turns you into a wreck...

The minute relief po'ography promises is so fleeting, empty, and meaningless.

Will it really make you happier? Will it really deliver the effect it promises?

However, the need may be so overwhelming that rationalizing with it wont work... That's where we come in... We are here for you... We are rooting for you... We want you to be truly happy.

The real thing...

You will concur this....

Search for real answers... What will really make you happy? What will have a true meaningful long lasting soothing effect? Etc. Etc.

Grab on to those... They do exist, its a matter of finding them...

The real answers are sometimes more difficult to attain... But the end result makes it so worth it...

We were put here on this world for our own good. Hashem wants us to be happy. His test is to see whether we will muster the strength to go after the real thing, the things that truly bring happiness, instead of chasing illusions...

Keep us posted Holy Brother...

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Re: I'm About to Slip!

Posted by Luria - 03 Mar 2010 00:14

Shmirat eynaim - I hear you loud and clear! And ive always loved Rav Wachsman thats a great idea to listen to his stuff

Tryin123- you sure we never met? that description about everything (especially P*** as a comforter) was dead on and really helpfu;

Thanks guys for your help during a rough time. Last night turned out really well thanks to your advice. Ill post about it i"n under the wall of honor thread

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Re: I'm About to Slip!

Posted by trying123 - 03 Mar 2010 00:17

makes me happy to know that your still at it

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Re: I'm About to Slip!

Posted by allaloneontop - 18 May 2010 16:08

Dear Kedusha,

Thank you for this thread...I've been having my strongest clean 8 days in a VERY, VERY long time.

Even when I was previously not masturbating, I was definitely looking at inappropriate sites to keep the "lust-connection". Over these past 8 days, I've even stayed away from FOXNews.com which has been a big trigger for me.

However, I definitely feel a slip coming...on Sunday and again this morning, I had interactions (unintentional) with beautiful women who sparked strong memories...is that a slip? Is this a fall?

I'm sitting here by my computer convincing myself not to slip and writing on this forum is working.

My life is so active and I see so many people...especially eye candy at people's offices...what can I think about when I see these women? My brain is so trained over the past number of

years to focus on "closing the deal"...how do I turn that off?

Y

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Re: I'm About to Slip!

Posted by Dov - 18 May 2010 16:58

Sorry I haven't the energy to share now. I'll just tell, for a change, and hope it is of some use to you:

Give the power to Hashem only - and make sure you give the credit to *Him* when it works. I do not need any pats on the back for *not* being an idiot by screwing myself up with lust.

Ask Hashem to bless and help the "candy" you see with health, a true connection with Him, protection from the real pains and suffering in many people's lives r"I, protection from false relationships and being used, and for whatever they need.

Recognize and admit openly to someone safe that you *are* attracted to these people, *cuz it's true*. The truth is good and there is no way to hide from it. Then daven for **them** *first*, as the gemorah recommends us to do for *everybody*, and then ask for help. Just say "Help me G-d". No long prayers for yourself - for others it's OK, but for me I just say "Help." Then I say "Thank-you, Tatty", and move on with real living.

Stay busy - not to run away, but to be busy - to be in reality, not shekker. If you feel like you are running away all the time, that will lead nowhere.

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Re: I'm About to Slip!

Posted by allaloneontop - 30 May 2010 04:53

Dov,

Thank you for that advice...it has been very helpful.

If Hashem is Tatty, can we call you Uncle Dovy?

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Re: I'm About to Slip!

Posted by Dov - 30 May 2010 04:55

You can call me anything but late to dinner....sorry.

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Re: I'm About to Slip!

Posted by mylaststop - 24 Jun 2010 21:06

just want to lust a little. like look at people mag online kind of thing...

what do i do when I feel this. I am having withdrawal symptoms, like a smoker.

I will do the first suggestion posted bli neder. that will be gods way of speaking to me.

Please make it reasonable though..

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Re: I'm About to Slip!

Posted by mylaststop - 24 Jun 2010 21:13

ok deals off. i'm leaving the office now. but at least i didnt slip.

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Re: I'm About to Slip!

Posted by Dov - 25 Jun 2010 06:12

I was gonna say sacrifice the first person who comes out of your house if you don;t act out....but that's been done already.

Haooy to hear you found out that by putting our nuttiness (in all its nuttiness) out there to dry in the light, it shrivels (not literally, don't worry). Liek you did here, reach out and talk to someone. I have a cadre of sickos to call whenever I am having a time of things or get nutty ideas. I just call one of them, admit the truth about what stupid idea my body wants to do and that my body feels like it'd be in my 100% very best interest to do that stupid thing...then they say, "thanks for sharing dov. You are a sicko and so am I. Have a great day!" We both laugh at our own addictive stupidity and hang up....game over and I am back at real living.

- bye!

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Re: I'm About to Slip!

Posted by bardichev - 25 Jun 2010 06:28

People mag

No that's a mussar sefer

So many rich and talented people

No one can keep a spouse

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Re: I'm About to Slip!

Posted by desperate_teddybear - 07 Dec 2010 00:30

somebody tell me not to watch it

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Re: I'm About to Slip!

Posted by fire - 16 Mar 2011 22:31

don't watch it!!! go learn for 30 min!!

Can someone tell me that i don't want to look at pretty girls right now and that i should go learn and get off my computer.

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Re: I'm About to Slip!

Posted by Yosef Hatzadik - 16 Mar 2011 22:34

You don't want to look at pretty girls right now and you should go learn and get off your computer.

Did I do fine? (BTW, the post you were responding to was written a looong time ago.....)

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Re: I'm About to Slip!

Posted by fire - 16 Mar 2011 22:42

Ur right..thank u.. Thank g-d for NAYO. talk about good timing.

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