

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 Kedusha - 03 Nov 2009 15:46

I have my filter set to block image searching, such as Google Images, because of the potential to easily access hundreds of improper images with a single search (although the filter only allows "safe search," there is plenty of improper material that can get through).

I wasn't trying to do this, but I found a way to access an image search engine, despite the filter. I didn't do any improper searches, but I need to remove the Michshol as soon as possible. When my wife gets home, I will, b'li neder, ask her to put in the filter password and I will block the offending site (as well as the site that I accidentally accessed yesterday).

Thank you, Chevra, for allowing me to share this, and for giving me accountability.

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 Kedusha - 04 Nov 2009 00:20

All right. Boruch Hashem, all the offending sites are blocked.

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Re: I'm About to Slip!

Posted by habib613 - 04 Nov 2009 02:43

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Re: I'm About to Slip!

Posted by Kedusha - 04 Nov 2009 03:56

[habib613 wrote on 04 Nov 2009 02:43:](#)

I have my own thread, I just haven't used it in a while.

funny. i was gonna say that i'm so happy kedusha got his own thread

rehab-my-site.com/guardureyes/forum/index.php?topic=500.0

I'm hoping to see others posting here before the slip occurs. Visit here instead and speak it out - to yourself and to others!

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Re: I'm About to Slip!

Posted by imtrying25 - 04 Nov 2009 19:51

If someones on the forum now i could use the chizuck. I can feel the urge coming on and i dont want to slip.

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Re: I'm About to Slip!

Posted by habib613 - 04 Nov 2009 20:00

i'm sorry if it was cuz of me!

are you ok?

can you get a change of scenery now?

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Re: I'm About to Slip!

Posted by imtrying25 - 04 Nov 2009 20:02

Im not looking to blame anyone. Im browsing some sports sites to get my mind of. hope it works.

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Re: I'm About to Slip!

Posted by Kedusha - 04 Nov 2009 20:03

Hello Imtrying,

You're so right to reach out before the first slip. It's so much harder once you've crossed that line.

It might be better to get off the Internet for a while. Why not read through the GYE handbooks? At the risk of both stating the obvious and being crowned "master of the understatement," the

Hatzlacha, dear friend!

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Re: I'm About to Slip!

Posted by letakain - 04 Nov 2009 20:29

push that bike!!

maybe go ride a real bike or do some other excersise!

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handbooks are loaded with good advice on this topic!

Re: I'm About to Slip!

Posted by imtrying25 - 04 Nov 2009 20:37

Thanks Kedusha and Letakain for answeing my call. I think im going to get off the comp and just go to sleep. Wifes not feeling well so shes sleeping already so i think this might be the best idea. Good nite and thanx again.

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Re: I'm About to Slip!

Posted by Giant Leap - 04 Nov 2009 22:06

[imtrying25 wrote on 04 Nov 2009 20:02:](#)

Im not looking to blame anyone. Im browsing some sports sites to get my mind of. hope it works.

Be carefully about browsing sports sites. Some of them have adult personal dating and sometime links to inappropriate sites. Yahoo, google, national sports sites i.e NHL,NBA,NFL,MLB, MLS, etc don't have such advertisements.

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Re: I'm About to Slip!

Posted by Kedusha - 04 Nov 2009 22:40

[Giant Leap wrote on 04 Nov 2009 22:06:](#)

[imtrying25 wrote on 04 Nov 2009 20:02:](#)

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Giant,

Thanks for the tip.

I took out the name of the website that you referred to, so as to not risk tempting anyone, which was obviously not your intent.

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Re: I'm About to Slip!

Posted by Giant Leap - 04 Nov 2009 23:12

[Kedusha wrote on 04 Nov 2009 22:40:](#)

[Giant Leap wrote on 04 Nov 2009 22:06:](#)

[imtrying25 wrote on 04 Nov 2009 20:02:](#)

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Re: I'm About to Slip!

Posted by lamed vavnik - 07 Nov 2009 20:26

hello 'all

sometimes i think i am always in a state of about to slip. i was sick and took meds , which made me feel "funny" and i have been hyper sensitive ever since.

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