

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 lamed vavnik - 07 Nov 2009 20:59

yeah , i should really get off the comp. and go to sleep. too big of a nap today.

i'm getting better at being at the screen without feeling withdrawal , though. doesn't hurt that i

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Re: I'm About to Slip!

Posted by withgdshelp - 07 Nov 2009 21:31

Yeah, I've been avoiding shabbos naps ever since the time change. You're better off staying up

through shabbos, learning and spending time with family and friends - then go to bed at a normal hour.

Otherwise, you end up awake and alone at the computer at 2am.....when everyone else is sleeping.....

What does everyone else think? Avoid shabbos naps for the sake of shmirat habrit?

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Re: I'm About to Slip!

Posted by the.guard - 07 Nov 2009 22:01

Avoid shabbos naps for the sake of shmirat habrit?

We say in Kol Mekadesh... *Gam, **se'u yedeichem Koidesh** uvarchu ve'imru la'kel - baruch Hashem asher nasan **menuacha** le'amo yisrael...*

I love these tzadikim!

P.S. And being sick is trouble. We need to be aware of that. See [this page](#).

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Re: I'm About to Slip!

Posted by Kedusha - 08 Nov 2009 15:26

Refuah Sheleimah, Lamed Vav!

On Shabbos afternoon, I try to take a "controlled nap" - i.e., I ask someone to wake me after around an hour (or a bit more).

As for Motzei Shabbos, I'll tell you what I did last night. First, I went to a Shiur. Then, I did some paperwork (off the computer). Then I read "Dear Son," a fantastic Shalom Bayis book for men by Rav Eliyohu Goldschmidt, ZT"L. I did not go on the computer at all, which I know can interfere with sleep both physically (by reducing melatonin production) and emotionally (by its stimulating content, even if we don't look at anything improper). Finally, I took a natural supplement to help me fall asleep, and slept from about 12:15-7:15.

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Re: I'm About to Slip!

Posted by Dov - 08 Nov 2009 17:59

Dear 36 -

You may need an airbag for this, my friend....

If you are asking a halocha question, maybe ask a rov.

If you are talking about advise to avoid doing an aveiro, nu, maybe ask a rov, too.

But if you are talking about saving yourself from putting you life into the toilet of insanity again by going down the road of compulsive sexual acting out....hmmm.....then I ask you: what in the *world* does that have to do with "shmiras habrit"?

I can't speak for you, but for me, what you are referring to as shiras habrit has to do with whether I have a *chance* at having a real conscience, at being a father to my children, a husband to my wife, a sane yid (an insane yid doing mitzvos? is a shoteh even *yotzei*, i wonder?), and in my particular case, staying alive at all.

To me, this is not *at all* like *avodah zora*, which chazal tell us is like breaking the entire Torah. It is much, ***much worse*** than that: It is giving up my entire tzurah of a mentch and accepting insanity into my life. And insanity of this disease, for me, is "memaleh kol almin and sovev kol almin" - it fills, poisons and perverts my entire life (and the life of those around me). At its root, sobriety and the program is not there to create ***holy yidden*** out of us. It is to create useful mentchen. From ***there***, I can become a yid, if I want. But w/o it, I have no choice and remain

basically a mess.

At least that is the way it is for me and others. I'm not alone in the feeling that to act out is to die.

I do not mean to be abrasive, but as i am starting to get older, the crotchiness of old age is coming out, I guess.

I still love you 36!

Oh, and refuah sheleima!
I do not particularly care exactly which "lav" suicide is. I'm not interested in it for *other* reasons!

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Re: I'm About to Slip!
Posted by the.guard - 08 Nov 2009 18:57

Reb Dov, I just added a new saying at the bottom of your signature!!

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Re: I'm About to Slip!
Posted by 7yipol - 09 Nov 2009 08:30

[dov wrote on 08 Nov 2009 17:59:](#)

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I also still love 36. What a wonderful year that was!

****Sigh****

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Re: I'm About to Slip!

Posted by the.guard - 09 Nov 2009 10:39

I also still love 36. What a wonderful year that was!

Besides for that nut on the radio who wouldn't stop yelling and ranting how the Jews are the world's misfortune! Something about him gave me the chills.

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Re: I'm About to Slip!

Posted by 7yipol - 09 Nov 2009 11:07

[guardureyes wrote on 09 Nov 2009 10:39:](#)

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No no Guard, not the *calendar* year '36

The *age* 36!

Isn't there *anyone* on this forum old enough to remember shoes with laces instead of velcro?? :o

Whipper-snappers one and all!

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i agree w/ every thing you said, btw. the shmirat habrit thing wasnt me it was another yid.

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Re: I'm About to Slip!
Posted by Dov - 10 Nov 2009 23:25

Sorry, amigo.

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Re: I'm About to Slip!
Posted by lamed vavnik - 13 Nov 2009 08:12

no worries.

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Re: I'm About to Slip!
Posted by lamed vavnik - 13 Nov 2009 08:20

had a close call last nite. almost lost it. the only thing i can think of is i had a tea at nite . no caffiene after a certain time . it sets you up to be alone and awake at nite w/ yourself . not a good combo. BH' i made it out alive . but i am just still very weak. i know most of what i tell myself is big talk and inside i'm not changing very fast , but i have to be patientw/ myself . my most important thing 4 me now is staying safe until i am internally stronger . until i build up the . i told my wife again that i want the comp. out of the house . she doesn't like it . i think the whole thing 4 me is one big trigger. but then so is :

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Re: I'm About to Slip!
Posted by Momo - 15 Nov 2009 08:41

I haven't worked yet, and I've been at work for almost 3 hours. Surfing news and sports, no women.

Feeling very antsy. Could get to women later during the day.

I fall almost every Sunday.

I don't know if I've already killed my chance of going back to Shlachter (I guess I'll call him later and ask), but falling will be the final nail in our coffin.

I'm walking the tightrope...

Need to get to sturdy ground...

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