

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 Dov - 15 Nov 2009 18:15

"Sturdy ground" need not be spiritual for me at all. It often needs to be just doing a better job at work, eating on time, or being fairly well-dressed. Hey sometimes we all just "have to start *somewhere*"!

Just a thought.

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Re: I'm About to Slip!

Posted by lamed vavnik - 29 Nov 2009 21:15

involving the self in an interesting absorbing activity that challenges you is a usage of the mind

in a way that diverts taivah and helps keep it under control . i don't know how anyone can goto work every day w/ open access . i would probably be fired or dead by now.

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Re: I'm About to Slip!
Posted by Momo - 27 Dec 2009 08:49

YOU ARE SOMEBODY SPECIAL!!!

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Re: I'm About to Slip!
Posted by theOne - 01 Jan 2010 01:37

whats the difference between slip and fall? when am i supposed to start all over again in the chart?, no i ddnt fell but i wwna know

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Re: I'm About to Slip!
Posted by theOne - 01 Jan 2010 01:59

THANKYOUR ;D ;D ;D

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Re: I'm About to Slip!
Posted by Kedusha - 01 Jan 2010 04:12

[theOne wrote on 01 Jan 2010 01:37:](#)

whats the difference between slip and fall? when am i supposed to start all over again in the

chart?, no i ddnt fell but i wwna know

TheOne,

As Rage noted, check out the link in the first post for the difference between a "slip" and a "fall."

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Re: I'm About to Slip!
Posted by theOne - 01 Jan 2010 13:40

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Re: I'm About to Slip!
Posted by the.guard - 03 Jan 2010 17:27

Someone asked me to post this anonymously:

I received a New Years card from one of these phone "sex therapy" services that I called a few times before my GYE days. The return address is very discreet but, based on the postmark, I realized who it was from (I called last year and requested to be removed from their list, but they obviously didn't listen).

I didn't open the card. Rather, after removing the address label, I got rid of it. As much as I'd like to call them up, maybe to tell them that the person no longer lives at this address, I think that even making such a call would be too much of a trigger.

i did, thanx, was a big reliefe

Anyway, I needed to get this situation off my chest - thank you all for listening!

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Re: I'm About to Slip!
Posted by imtrying25 - 03 Jan 2010 17:29

Kol Hakaovd to you who ever you are. Im sure your gonna read this so i wanna say KolHkavod.

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Re: I'm About to Slip!
Posted by the.guard - 03 Jan 2010 18:29

Follow up from anonymous:

I mustered up the courage to call the number (unfortunately, I still remember it), and told them that the person at this address no longer lives here and they should remove him from their mailing list, which they said they would do. Boruch Hashem, the operator on duty was a man, so there was no trigger whatsoever!

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Re: I'm About to Slip!
Posted by bardichev - 04 Jan 2010 06:09

Gevaldigggggg

Yosef Yosef lebt noch er is a kenig in mitzrayim

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Re: I'm About to Slip!

Posted by lamed vavnik - 04 Jan 2010 19:59

hey guys ,

i'm feeling really bad tonite . i had a great day w/ no problems . until the bus home.....

i had to stand in the ladies section of the (mehadrin)bus for lack of room . then a man told me a seat opened up in the back so i went to sit . and guess what ? there was a couple of dogs in heat dressed as people making out in the seat across from me . BH' i was strong enough to get up ,but it cracked me . i haven;t been the same since . i feel possessed . i caught myself searching books i have, (un)consously searching for any picture of a woman to trigger myself .BH' i don't have any but i am possessed to look any way . :(:(:(

HELP!

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Re: I'm About to Slip!

Posted by habib613 - 04 Jan 2010 20:18

i had the same situation a this week...

don't know what to say except to ignore it.

ppl like that are always around (where i live) and it just has to go right through you. in one eye, out the other.

i feel for you...

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Re: I'm About to Slip!

Posted by lamed vavnik - 04 Jan 2010 20:29

it could be that's it . where i am they're never around . if it was a tough chasid i know that saw them . they'd be carrying their teeth home in a bag. hey, that's a happy thought !..... 8) 8) 8) i'll : :..... i feel better

already . :D :D .

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