

Is this a fall?

Posted by abieham - 09 Feb 2014 08:42

This has happened a few times that ever when i am doing everything "right" something comes out. I took a nap on shabbos after lunch and fell into a deep sleep. Seemingly my mind wandered off in a dream and I had bad dream. I was sleeping on my side and only for about 10 minutes. I wasnt even ??? and i felt something come out. I tried holding it in but it didn't work. Then I checked and something really did come out, I didn't think that in such a short thought i would fall?

My Questions are:

1)What exactly happened, how could something come out if i wasn't ???.

2) Is that considered a fall?

3) How do i stop that from happening?

Thank you

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Re: Is this a fall?

Posted by skeptical - 09 Feb 2014 08:55

If you were sleeping and had no control over it, it is not a fall.

Don't worry about it and move on.

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Re: Is this a fall?

Posted by Pidaini - 09 Feb 2014 10:11

Exactly as skep said, just move on.

It's not our battle at the moment, we need to focus on what we are doing when we are awake, not when we are asleep.

How's it going, btw?

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Re: Is this a fall?

Posted by dms1234 - 14 Feb 2014 23:03

I've had quite similar problems and its very difficult but as the 2 said before me: Just move on. Keep sticking to your plan!

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