

I'm about to fall, what should I do?

Posted by serenity - 02 Jun 2015 21:06

"I'm about to fall, what should I do?", is probably one of the most asked and answered question on this site in one form or another. Here is a great answer that not only shows one idea of what to do, but the dedication and work that this simple program requires.

Re: Toughing it 02 Jun 2015 09:58 #255843

polar bear

Current streak: 24 days

OFFLINE

Junior Boarder

Posts: 30

Karma: 4

Hello friends,

I just wanted to share that I was so close to falling recently that I am considering it a miracle that I didn't. I was starting to slip - very bad, then realized that I had not yet used the 'Taphsic' fence. I quickly charted down a bunch of 'fences' and then started acting on them. The whole (before) chores took me about 2 to 3 hours to complete, there were times there when I forgot I was in the middle of a huge struggle, and there were times when I could have said I had already fallen. After I finished all the chores I had written for myself, I was so, so close to falling. Just then some friends hurried in and pulled me out of the icy water. They arrived much earlier than expected, and I really feel that it was HASHEM telling me that I did my best and that it was time for him to throw in a net.

Last Edit: 02 Jun 2015 09:59 by polar bear.

The following user(s) said Thank You: gibbor120, pischoshelmachat, serenity, Palti-Yossef

=====

Re: I'm about to fall, what should I do?

Posted by pischoshelmachat - 02 Jun 2015 21:37

Creating a Taphsic fence while under fire from an actual lust attack? Simply REMARKABLE!

=====

Re: I'm about to fall, what should I do?

Posted by lomed - 02 Jun 2015 21:50

this a great thread. i would suggest that you copy paste all these messages in to this thread, so others can see.

Thank you

=====

Re: I'm about to fall, what should I do?

Posted by lomed - 02 Jun 2015 21:53

I am about to fall, what should i do? is question that i ask myself almost every day! I pray to hashem to help get through only this time. then i tell myself that today i will not fall. and push it off for tomorrow or a different time.

=====

Re: I'm about to fall, what should I do?

Posted by shlomo613 - 02 Jun 2015 22:35

Truly remarkable.

Mah nishtana this one from the rest? is something worth thinking about.

Is it that he really wanted to come out on top so no half hearted cry of someone please save me (speaking for myself here what on occasion has sadly been the best I tried)?

Is it a recognition that this is the enemy and I am me and I don't want him to get close to me?

Is it something else? Or is it one of those things we can never label?

An a closing thought: maybe when lust strikes, I wonder whether it works to find an activity that distracts and consumes us, and we will actually forget about the lust? (And not an activity on the computer)

=====

=====

Re: I'm about to fall, what should I do?

Posted by polar bear - 02 Jun 2015 23:43

Wow, I feel like I made the headlines, thanks Serenity.

=====

=====

Re: I'm about to fall, what should I do?

Posted by yiraishamaim - 03 Jun 2015 00:23

This I believe is a prime example of serving Hashem according to a person's particular situation.

Ashrecha

=====

=====

Re: I'm about to fall, what should I do?

Posted by polar bear - 03 Jun 2015 00:52

I don't know if this would work - But I wish that when I was about to fall, I could call a GYE emergency phone service - a moderator or someone would answer and ask what the emergency is. Given the information, the moderator would give the 'struggler' a series of steps to do and perhaps stay with him on the line until his urge dies down. I think it's harder to focus on the urge when you're talking to someone live.

That being said - I wish there was like 'GYE Chaveirim'. You call them and give them your situation and address. They send someone available over in a car. Pick you up. And take you around the block or some place where you could take your mind off the struggle. Do an activity with you etc.

Can any of these ideas turn into a reality?

=====

=====

Re: I'm about to fall, what should I do?

Posted by yiraishamaim - 03 Jun 2015 02:23

Who ya gonna call? S___ busters

Couldn't resist

=====

=====

Re: I'm about to fall, what should I do?

Posted by yiraishamaim - 03 Jun 2015 02:37

On a more serious note I think the first idea sounds pretty good. We could have a 24 hour staff on call.

There is a flip side to it. I am afraid people would tend to use it as a crutch instead of using it as an emergency. "I fell because the guy on the phone just didn't get me - just didn't have the right stuff at the right time"

We improve by learning how to live and let G-d and avoid triggers.

Yet all in all I think it is a good thing and it gets my vote. the idea needs some tweeking- are we going with professionals or not? volunteers(like hatzolah) or paid individuals?

=====

Re: I'm about to fall, what should I do?
Posted by serenity - 03 Jun 2015 02:49

Having a sponsor and network of people to call is recommended.

=====

Re: I'm about to fall, what should I do?
Posted by Unknowngye - 03 Jun 2015 02:57

I don't get this question. I was just in the shower and my yetzer grew strong (I touched myself). Porn is earlier for me to prevent but when non porn but lustful things come up I feel like my yetzer is a 50000miles an hour train non-stop. How are you guys able to reach for help in these moments?

=====

Re: I'm about to fall, what should I do?
Posted by cordnoy - 03 Jun 2015 11:55

[Unknowngye wrote:](#)

I don't get this question. I was just in the shower and my yetzer grew strong (I touched myself).

Porn is earlier for me to prevent but when non porn but lustful things come up I feel like my yetzer is a 50000miles an hour train non-stop. How are you guys able to reach for help in these moments?

One who would like to do somethin' wrong in the shower with a phone or a laptop can figure it out (and I know first hand).

b'hatzlachah

=====

=====

Re: I'm about to fall, what should I do?

Posted by Unknowngye - 04 Jun 2015 01:37

I have no devices w me. It's all body related. But I don't understand your answer

=====

=====

Re: I'm about to fall, what should I do?

Posted by fulfillinglife613 - 04 Jun 2015 02:39

Controlling your mind is integral to breaking free from this jail.

It has been a major focus of mine these last 36 days.

When thoughts pop in my head I work on putting other thought in there instead.

We all have what to think about. Work, family, challenges, bills etc.

I believe the halacha is that you can even think in learning (although check with your local orthodox rabbi) in a situation like this.

Think about that. Your completely naked in the shower and G-d wants you to learn his holy Torah rather than think the thoughts you are thinking! And this is without touching. Just thoughts alone!

=====

=====