

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

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

Posted by fulfillinglife613 - 04 Jun 2015 12:27

I'm sure we have at least a couple of poskim here.

Anybody? Talmid Chochom?

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

Posted by fulfillinglife613 - 04 Jun 2015 12:30

www.theyeshivaworld.com/weekly_torah.php?id=251

See (60)

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

Posted by polar bear - 05 Jun 2015 14:27

As far as Halocha goes one is not permitted to touch himself in the shower. At all.

I heard from a Rabbinical source that one should not look at himself in the shower. From my own experience looking at myself in the shower may eventually lead to acting out down the road.

I personally try as much as I can to shower in the mikvah (even though I'm not Chassidish). There's much less of a challenge to deal with if you're in public.

As for trying to call a theoretical GYE 911 when you're already in the shower, in the struggle - I agree it can be much harder. I would use this type of service if I was in a struggle and I managed to fight myself out of the shower for a few minutes and was still fighting to get back into the shower and finish.

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

Posted by serenity - 05 Jun 2015 15:29

I keep my phone in the shower, so if I start getting tempted I can make a call and electrocute myself. The shock usually takes away the desire. You may be thinking that a cell phone doesn't shock you when it gets wet. That is normally true but I have a special APP called lustshock. I

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

Posted by polar bear - 05 Jun 2015 15:44

I brought my computer into the shower and it short-circuited and exploded. Now I'm electricuted

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

Posted by hwhap@gmx.com - 05 Jun 2015 17:44

[polar bear wrote:](#)

wanted to try a hair dryer, but I was told it could kill me.

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

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.

Everybody's got a breaking point. If I get into the shower and I touch myself it's because I have been working towards for a number of hours or days. Or weeks. If I nip it in the bud (which I can't always do) then it never comes to that. That's my two cents.

Lol for all those funny posts before. Shkoiach. Thank you for that.

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If a thought of ?????/??? enters his mind one may think about Torah there.

Here's the full ??? ??????:

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Case closed.

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Re: I'm about to fall, what should I do?
Posted by stillgoing - 29 Mar 2016 01:17

Thanks for the bump Abie, it may not be my thread, but i miss serinity. Its good to see all these
old posts.

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