

I need help

Posted by gyegye2 - 09 May 2012 15:15

I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by gyegye2 - 12 Apr 2013 01:51

everyone has different things that works for them...

i am not sure Thaphsic is working for me completely, but every time it helps me and i don't fall is a success itself

if you still owe money from your last thaphsic method then i think this is not for you...

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Re: I need help

Posted by gyegye2 - 17 Apr 2013 21:33

Now after about 4 weeks clean i am still thinking about the next step, i didn't have a chance to come up with something final

my last fall happened because i was in the mood to see something bad. i had a problem with my thaphsic method, so i said i am just browsing o the internet which is not specified in my

taphsic method as a problem, and of course it didn't take long till I saw wrong things and of course i looked away right away. but the image went in to my head and it started burning till i acted out after about 4 days later on this.

since then i didn't fall but i went already browsing, i see this a a big danger.

any suggestions buddies?

Thank you in advance

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Re: I need help

Posted by Machshovo Tova - 17 Apr 2013 22:11

If you're a taphsic method user, then perhaps, "just browsing the internet" should be included as off limits.

MT

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Re: I need help

Posted by Dov - 18 Apr 2013 17:19

If Taphsic is working for you, great!

But I suspect that for those whom it is not working, the Taphsic method is perpetuating and focusing the person even further on the problem. That is probably ossur. I just posted in two places about the idea, <http://guardyoureyes.com/forum/1-Break-Free/137177-I-need-help-please?limit=15&start=150#205426> and <http://guardyoureyes.com/forum/4-Wall-of-Honor/68665-Funny-walk-to-90-by->

[Yehoshua?limit=15&start=390#205420.](#)

I am not suggesting that anyone quit Taphsic! Just saying that if it is not working for you, it may not be for you and *why that may be so*. Perhaps this will light up a new path for someone out there who is using tools to focus himself even more on the past and the problem - instead of on reality (today) and G-d's Will. It's an issue.

Sadly, too many folks hear "G-d's Will" and immediately jump to say, "Well! G-d's Will for me is obviously mainly that I do not waste sperm, no?" They do not see how doing this enlarges their lust struggle until it eclipses everything else...that is not avodas Hashem, but churban. And it is typical of addicts, too (the minority of people here).

OMG. They are missing the entire point...

Hatzlocha.

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Re: I need help

Posted by ???? - 18 Apr 2013 20:11

i tried clicking on the links & I got an error msg saying "invalid address"

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Re: I need help

Posted by gyegye2 - 18 Apr 2013 21:51

thank you "machshava tova", you are right, this is a fine line...

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Re: I need help

Posted by gyegye2 - 18 Apr 2013 21:54

Dov

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Re: I need help

Posted by gibbor120 - 18 Apr 2013 23:08

I edited dov's post so the links work:

[Dov wrote:](#)

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Hatzlocha.

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Re: I need help
Posted by ???? - 18 Apr 2013 23:49

Thanx

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Re: I need help
Posted by Dov - 18 Apr 2013 23:56

Thanx!

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Re: I need help
Posted by gyegye2 - 24 Apr 2013 22:54

i had a fall after 35 days thru the internet, thinking about next step

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Re: I need help

Posted by ???? ???? - 24 Apr 2013 23:01

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Re: I need help

Posted by Machshovo Tova - 24 Apr 2013 23:21

Aouch! That Hurt!

Sorry about that. Getting up after a fall is very choshuv in shomayim. Besides, what other choice do we have?

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Hatzlacha

MT

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Re: I need help

Posted by gyegye2 - 25 Apr 2013 21:26

i had just updated my thaphsic method, so i should not be allowed to go browsing with no purpose

hashem help

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