

**Taphsic Experience**Posted by Anonymous32456 - 13 Nov 2012 01:32

---

I just had an interesting experience with Taphsic and wanted to know if this has happened to others, or if I'm alone on this one. I made the Taphsic shvua last Sunday night at 9:30 pm to last until this past Sunday at 9:30. It went relatively well (I only had a normal knas once, normally I would m\*\*bate daily). It wasn't nearly as hard as I would have expected it to be. However on Sunday (the day it was going to expire), I started getting obsessed with bad pictures, videos etc. The entire day was shot because of the obsession and I was in no mental state to renew it. I was also watching borderline, barely justifiable (in terms of the shvua) things during the day. After it finally expired I fell twice Sunday night and twice today. I also started to get mildly depressed on Sunday and Monday (which is atypical for me, I don't have depression problems). B"H today, in a moment of clarity I renewed it for two weeks and mad it expire late at night so I can't sit around waiting for it to be over. Is this a normal reaction, and is there a good way to make it easier to transition to a new shvua? I know that I'm supposed to renew it before it expires, but if I have a similar experience next time I don't know if I will be able to renew it in time.

=====

=====

**Re: Taphsic Experience**Posted by dont give up - 13 Nov 2012 10:55

---

WOW!

from daily M\*\* to not doing it a full week!!! kol hakavod!

i saw someone post (don't remember who) that part of his shvua is, that it should automatically restart itself once the first one expires. (unless he cancels it before the new one begins).

i feel that if i let lust in a little bit (just a tiny look etc. although its not totally across the border) then its much harder not to fall, cause the appetite just grows,

its much easier to stop right in the beginning, and i tell myself "dont be a fool, if i let this through, i'm bound to fall, so if i dont want to fall, i need to stop right now!"

Hatzlocho Rabbo!

& keep up the great work!

=====

=====

Re: Taphsic Experience

Posted by Anonymous32456 - 13 Nov 2012 14:17

---

Thanks for the enthusiasm!

To be fair, I did have to use the normal knas once, but still, it's a big accomplishment for me.

Let's see if I can do it for two weeks (at least).

I will have to figure out some way to do that shvua, although I'm not sure it will help since I will know that it will expire if I say so.

i feel that if i let lust in a little bit (just a tiny look etc. although its not totally across the border) then its much harder not to fall, cause the appetite just grows, its much easier to stop right in the beginning, and i tell myself "dont be a fool, if i let this through, i'm bound to fall, so if i dont want to fall, i need to stop right now!"

Absolutely. That's how I lasted that long in the first place. Just at the end, since I knew it would be over soon, the desires increased exponentially...

=====

=====