

GYE - Guard Your Eyes

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Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by strugglingguy - 22 Jul 2016 18:59

Managed to overcome P last night when i was home alone but not this afternoon

time to hit the big book, etc.

good shabbos

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TAPHSIC

Posted by strugglingguy - 22 Jul 2016 19:29

I am starting a TAPHSIC program now.

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Re: TAPHSIC

Posted by Markz - 22 Jul 2016 19:48

Great going!!!

Just remember the Taphsic is a fence. If there's a high chance of jumping over despite it, feel free to use other tools too

Hows your group meetings going?

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Re: TAPHSIC
Posted by strugglinguy - 26 Jul 2016 22:55

Taphsic might work for me, actually we will see what happens.

I actually just wrote it out and said it out loud. I didn't use shem hashem - felt uncomfortable doing that, but I 100% am committed to my pledge.

I haven't gone to a live meeting in a while - because I have a band practice then. as soon as I am free - in next week or two I will bli neder try to go back to the meetings.

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Re: TAPHSIC
Posted by inastruggle - 29 Jul 2016 20:21

Let us know how it goes. I've had some moderate successes a long time ago using the taphsic

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Re: TAPHSIC

Posted by strugglingguy - 02 Aug 2016 22:44

I had a good week with Taphsic until yesterday where I watched and read p

I "paid the price" (walked in the heat - even though it was shady) for my violation

I have started to keep my phone out of my room at all times and will continue to do so, IYH, at all costs...

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Re: TAPHSIC

Posted by Markz - 03 Aug 2016 00:16

There's a burning bush of unbridled lust and temptation

Running around the bush with repeated Taphsics is not a recovery tool

Disclaimer: I'm not Moses just a simple guy that cares

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Re: TAPHSIC

Posted by inastruggle - 04 Aug 2016 02:38

The taphsic is a tool. Tools are helpful when used properly and in the right circumstances. If you need more than a taphsic or it doesn't work for you then don't use it (or use something else in addition to it).

Saying that it isn't a tool is quite a drastic statement. Like I wrote above, I have gained from

using the taphsic method even if I don't use it now.

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Re: TAPHSIC

Posted by Markz - 04 Aug 2016 02:49

Look

#1 Shlomo agreed with me

#2 CHART: There's guys that do a cumulative 90 day count which is cool but not the 90 day chart and not a gye recovery tool

#3 FILTER: If someone has a good filter, and keeps getting stronger filters because he's determined to break thru them (as I was), then persisting on even better filtering is pointless, and not a recovery tool for him

#4 TAPHSIC: what I wrote above was Maspic

Its not a recovery tool for him and it's time to turn to the next page in the handbook...

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Re: TAPHSIC

Posted by Shlomo24 - 04 Aug 2016 05:50

I can't claim to know the inner workings of other people. I have a hard enough time with myself. But two things come to mind when I think of this:

1) "To thine own self be true."

2) The truth hurts.

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Re: TAPHSIC

Posted by doingtshuva - 04 Aug 2016 07:50

[Markz wrote on 04 Aug 2016 02:49:](#)

Its not a recovery tool for him and it's time to turn to the next page in the handbook...

I like that sentence,

If something doesn't work for you, then don't blame it, just look for something else.

next page, next tool, next program.....

Don't stick to one tool and stay stuck, although we have here a [Free Lust Truck Towing](#)

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Re: TAPHSIC

Posted by Markz - 04 Aug 2016 11:58

Guy thanks for your understanding

I wasn't just being poetic

Taphsic works without a doubt. However even for me a non addict I don't understand why Taphsic is put higher on the pedestal than other tools

Eg in the handbook or the website dropdown

Its a tool many guys think must work for the general population and if I tried it once and it didn't work it must be because I didn't do it right. I need to tweak it this way then that way then another way. Guys do that with the filter too.

When in reality it's not the recovery tool that they need, but they keep using it - like a drill bit that's incompatible and we can't repair the Truck - it's not the right tool brother

I'd like to see 'forum' or 'phone conferences' feature before the Taphsic...

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Re: TAPHSIC
Posted by Gevura Shebyesod - 04 Aug 2016 12:14

Taphsic isn't a recovery tool. It's a stop-acting-out tool. First you have to stop. Then you can work on not starting.

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Re: TAPHSIC
Posted by Markz - 04 Aug 2016 12:44

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