

help

Posted by second chance - 20 Apr 2016 05:12

Please help me get back up. I fell down about 3 days ago after being clean for like 3 weeks . Except for a few minor falls . But this time I cant get myself back on track , its like the yetzer horah is pulling me down deeper. Please help me!!!

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Re: help

Posted by markz - 20 Apr 2016 05:19

Welcome!

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Re: help

Posted by cordnoy - 20 Apr 2016 12:22

Welcome,

Is this your first time here, or are you the "second chance" from the past?

What have you tried that hasn't been working?

Looking forward to hear more.

B'hatzlachah

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Re: help

Posted by doingtshuva - 20 Apr 2016 13:27

[second chance wrote on 20 Apr 2016 05:12:](#)

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I would like to understand when you say " I fell down about 3 days ago after being clean for like 3 weeks . Except for a few minor falls"

What do you call minor falls?

If it is considered a fall even if it was small one, then you weren't clean for 3 weeks.

Am I right?

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Re: help

Posted by military613 - 20 Apr 2016 13:46

Hashem loves you more than you love yourself. You gotta focus on the now (however hard that may be). Leave anything from the past and any worries about the future in Hashems hand.

Our seforim say that we must treat anything that happened in the past as something Hashem wanted. Our choice is what to make of the now.

Lives about progress; not perfection.

What can you do now to stay clean?

I highly suggest the TaPHSiC method - has worked for thousands.

Go on your homepage to find it. Listen to the 40mins shiur.

Let us know how it goes!

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Re: help

Posted by Workingguy - 20 Apr 2016 14:30

[military613 wrote on 20 Apr 2016 13:46:](#)

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Military,

Have you used the Taphsic personally and has it worked for you? I think if you're offering that advice to people you probably should be a little clearer and share more of YOUR experience with it. Thousands? Really?

And wouldn't work for someone cold turkey? Do they have to do anything else? What happens when the Taphsic expires (I've seen many guys on the thread have consistent falls in between renewing Taphsics).

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Re: help

Posted by peloni almoni - 20 Apr 2016 14:53

[Workingguy wrote on 20 Apr 2016 14:30:](#)

[military613 wrote on 20 Apr 2016 13:46:](#)

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... and all of this without even knowing anything real (yet) about the newcomer.

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Re: help

Posted by markz - 20 Apr 2016 14:54

Working guy, I think the question is different

Military

Im happy taphsic works for you!

You saved me, because I rarely hear long term success with it

But please tell me one thing

Is that the **only** gye sobriety tool you use

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Re: help

Posted by inastruggle - 20 Apr 2016 16:17

Welcome second chance,

The oilam tends to get off topic rather quickly here. Two Jews, three opinions and all that.

Tell us some more about yourself, what you've been doing to stop, what helped you stay clean for those 3 weeks etc.

KOP! (keep on posting)

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Re: help

Posted by military613 - 20 Apr 2016 16:46

I am saying what works well for me.

If you listen to the beginning of the 40min audio you would see whether its correct for your level of addiction straight away.

Sorry I should have been more clear.

=====

Re: help

Posted by markz - 14 Jun 2016 23:40

[military613 wrote:](#)

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Sorry I should have been more clear.

Apparently our friend "second chance" has kept his Taphsic to the tee, but if there are underlying issues, you're gonna have ouch for sure

So now take the next step, but this is a small one. it's called the 12 steps and I think it can help you my friend

If you can keep posting on 1 thread it's appreciated

Hatzlacha!!

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Re: help

Posted by markz - 15 Jun 2016 03:40

Many guys have a hard time keeping a program (myself included)

The fact that you held down the Taphsic for a good duration is impressive, and it'll make your

next move easier I think

KOT!!

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Re: help

Posted by second chance - 15 Jun 2016 05:59

[markz wrote on 14 Jun 2016 23:40:](#)

[military613 wrote:](#)

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Hatzlacha!!

Skrry for multiple threads. I just couldn't find this thread. thanks for directing it back here.

Thanks for taking an interest in me, i appreciate your advice. On my personal home page I didn't find anything about the 12 step program but after your suggestion i did a little digging and found recordings of the 12 step program. I couldn't commit to specific timings for phone conferences because it doesn't suit my work schedule. But the next thing I'll do is listen to those recordings. Any other suggestions and how to get there is appreciated.

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Re: help

Posted by second chance - 15 Jun 2016 06:05

[markz wrote on 15 Jun 2016 03:40:](#)

Many guys have a hard time keeping a program (myself included)

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KOT!!

I only did a w day stretch last time. I just didn't update it. And then it asked me for my last fall and it figured that I've been clean for 70 days. I never in my life did even a quarter of that

I wish...

P. S. What does kot mean?

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Re: help

Posted by markz - 15 Jun 2016 11:50

See [GYE Glossary Of Terms](#)

Always available on the "[Free Towing](#)" page

If you have a few min to listen into a call at 1:20pm, try cordnoys

KEEP ON TRUCKING!!!

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