

Group 196

Posted by the.guard - 09 Dec 2016 12:50

Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

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Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: eyes.guard@gmail.com.

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Re: Group 196
Posted by shua73 - 22 Dec 2016 03:57

I slipped once today and once yesterday so I'm thinking of the taphsic method. I'm at 15 days so I can't fall now. I figured out the first part - exercise for fifteen minutes. Probably push-ups or some other exercise that I can barely do to save my life. I'm just not sure about the knas parts.

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Re: Group 196
Posted by shua73 - 22 Dec 2016 04:00

Hola hopeful. What do you mean by I have more clean dates than I can guess? I just don't get what that means. Sorry

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Re: Group 196
Posted by LifneiHashem - 22 Dec 2016 04:08

Welcome Hopeful!

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Re: Group 196

Posted by LifneiHashem - 22 Dec 2016 04:24

[shua73 wrote:](#)

I slipped once today and once yesterday so I'm thinking of the taphsic method. I'm at 15 days so I can't fall now. I figured out the first part - exercise for fifteen minutes. Probably push-ups or some other exercise that I can barely do to save my life. I'm just not sure about the knas parts.

What do you consider a slip?

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Re: Group 196

Posted by Yosef Tikun HaYesod - 22 Dec 2016 13:00

I made a little chart to keep track of these 2 weeks.

I went to bed again on time. And learned night seder for the first time in over a month!!

And I learned a daf of Gemara, that I wouldn't have found the time for. So, this is already having VERY positive effects.

The urge to watch stupids is still there, but it's mainly out of sight, out of mind.

I wrote a long email, which means this will be short and sweet (relative to my usual posts).

My family is still "catching up to me": having dinner and family time together when I come home, since for so long, I have pacified myself with the computer.

I came home, sat at the table, and nobody was ready. Nobody was there.

I think they are a bit in shock that I am seriously doing this.

Dinner and quality family time (real life) is way better than watching stupids.

I tried a frum suspense/thriller book, but couldn't take how bad it was after 20 pages.

Any suggestions? I read a Mishpacha in bed, but not too impressed with that either.

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Re: Group 196
Posted by shua73 - 22 Dec 2016 15:29

[LifneiHashem wrote on 22 Dec 2016 04:24:](#)

[shua73 wrote:](#)

I slipped once today and once yesterday so I'm thinking of the taphsic method. I'm at 15 days so I can't fall now. I figured out the first part - exercise for fifteen minutes. Probably push-ups or some other exercise that I can barely do to save my life. I'm just not sure about the knas parts.

What do you consider a slip?

In short this was a slip as I was in bad mood so I googled something innocuous wondering if something inappropriate would pop up which eventually did upon which I immediately Xed out of it and turned off the computer that I was using and didn't touch my phone for the next half hour. If it happens again than it's a fall cuz then I'm just using it as excuse to get around my gedarim.

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Re: Group 196
Posted by will Succeed Beh - 22 Dec 2016 15:39

Welcome Hopeful

Thanks for your share!

Keep on posting, this is what keeps us Sober and alive!

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Re: Group 196
Posted by will Succeed Beh - 22 Dec 2016 15:46

[shua73 wrote on 22 Dec 2016 03:57:](#)

I slipped once today and once yesterday so I'm thinking of the **taphsic method**. I'm at 15 days so I can't fall now. I figured out the first part - exercise for fifteen minutes. Probably push-ups or some other exercise that I can barely do to save my life. **I'm just not sure about the knas parts.**

!

Bout the Knas part, i had the same feeling before i started the method, then i *realised* that the reason im afraid to do the Knas is because im not 100% sure ill be able to pass it, and that small % is what makes me fall, as i havent got the full belief/trust in myself, one i realised that it was much easier, and i started the TaPHSiC Method, still working now B"h - 22 days clean!

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Re: Group 196
Posted by will Succeed Beh - 22 Dec 2016 16:04

Hello to all of you

Started to feel the heat now, bout 3 weeks that i didnt feel it, so the first thing im doing is announce it here!

Hi Shua, nice thing thinking of going down my line

Got the TaPHSiC fence as well to pass! but BEH we will succeed over the YH, and will not break it!!!!!!

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Re: Group 196
Posted by LifneiHashem - 22 Dec 2016 17:07

Hello to all of you

Started to feel the heat now, bout 3 weeks that i didnt feel it, so the first thing im doing is announce it here!

Got the TaPHSiC fence as well to pass! but BEH we will succeed over the YH, and will not break it!!!!!! know the feeling. Something that helps me is to realize that feelings are fleeting- they go just as easily as they come. One day at a time, and tomorrow the heat will be gone! (Hopefully)

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Re: Group 196
Posted by LifneiHashem - 22 Dec 2016 17:10

Hello to all of you

Started to feel the heat now, bout 3 weeks that i didnt feel it, so the first thing im doing is announce it here!

Got the TaPHSiC fence as well to pass! but BEH we will succeed over the YH, and will not break it!!!!!! know the feeling. Something that helps me is to realize that feelings are fleeting- they go just as easily as they come. One day at a time, and tomorrow the heat will be gone! (Hopefully)I know the feeling. One thing that helps me is to realize/realise that feelings are fleeting- they go as easily as they come! One day at a time and tomorrow the heat will be gone! (Hopefully)

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Re: Group 196
Posted by LifneiHashem - 22 Dec 2016 17:11

test

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Re: Group 196
Posted by Gevura Shebyesod - 22 Dec 2016 17:15

#BlankPostsMatter

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Re: Group 196

Posted by quiet - 22 Dec 2016 17:17

WS,

~~s???~~ ~~p??~~ ~~??????d~~ ~~????In??????d~~ ~~ou op I~~ ~~??no???~~, true to my word I gave you a Karma. It means a lot to me that the whole ganze fashtunkene forum liked your chaya who was sticking his tongue out at me, but you still did me this personal favor. A much more appealing picture, especially since the base can look like snowy ice

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