

Group 196

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

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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!

**??? ?? ?????? ?????? ?????? ????? ???**

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](mailto:eyes.guard@gmail.com).

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Re: Group 196

Posted by cordnoy - 03 Jan 2017 19:36

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Busy signal.

I take questions that are ten seconds or less.

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Re: Group 196

Posted by LifneiHashem - 04 Jan 2017 00:09

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[cordnoy wrote:](#)

[Yosef Tikun HaYesod wrote:](#)

Cord,

o.k. I'll "bite". What does HALT mean?

Hungry

angryl

Lonely

Tired

It is written in the books that people who are serious about recovery read.

Cordnoy delivers the best 1 line zingers

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Re: Group 196

Posted by LifneiHashem - 04 Jan 2017 00:10

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Quiet we haven't heard from you in a while. What's up?

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Re: Group 196

Posted by Yosef Tikun HaYesod - 04 Jan 2017 19:52

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The problem is that I don't think the person ever enjoys receiving a "zinger".

Things are so backward sometimes, that the person is praised for saying something sharp, and putting someone down with wit. Is this a Torah value? Perhaps he should get a karma point.

Unbelievable.

Bad enough he said it. But then to praise him for it?!

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Re: Group 196

Posted by Yosef Tikun HaYesod - 04 Jan 2017 20:02

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My update is that I think that I will try the taphsic shavua for a month.

I wrote the details on my 90-day thread, if anyone wants to see it.

How's everyone else doing?

I think regular/daily updates are a good idea...

especially for Terrific Teves and will help us come together as a group.

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Re: Group 196

Posted by shua73 - 04 Jan 2017 20:10

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Life happens. We step on people's toes and we also get our toes stepped on. But Yosef, irrelevant to if you should be pro zingers or against, you can risk falling if you let it become personal. I'm not saying that anyone took any of this personally, just that if anyone does its not good. Also not saying that this was so major to elicit such a response. Just want to put out there that in the end we're all working toward similar goals... it's important to not get caught up. It can lead to a slip or fall even if we are right in being frustrated.

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Re: Group 196

Posted by LifneiHashem - 04 Jan 2017 20:24

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[Yosef Tikun HaYesod wrote:](#)

The problem is that I don't think the person ever enjoys receiving a "zinger".

Things are so backward sometimes, that the person is praised for saying something sharp, and putting someone down with wit. Is this a Torah value? Perhaps he should get a karma point.

Unbelievable.

Bad enough he said it. But then to praise him for it?!

To clarify, my praise was for his delivery. I wasn't commenting on his content. However, even from being on the forum a short time it's clear that his comments weren't intended as a put down. My reaction when I read it was, "wow I really need to get a copy of the white book, because I want to be serious about recovery." It's ok to get some occasional sharp mussar. I do apologize if my comments were insulting. I guess I just assumed you understood his comments the same way as me.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 04 Jan 2017 22:15

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Shua, it was written to me, how am I not supposed to take it personally?

And the meaning was quite clear, that if I want to be serious about breaking free/recovering, which apparently I'm not, despite taking 11 positive steps, outlined in my thread, then I would read that book and already know what HALT stood for.

Cord is a truly a great guy who gives of his time and is quite helpful.

He has even directly helped me immensely by setting something up for me.

But that post was out of line, nonetheless.

Shua, it bothered me, but I let it go and ignored it.

But then when I saw that he was being praised for it, I felt I had to respond.

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Re: Group 196

Posted by cordnoy - 04 Jan 2017 23:45

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[Yosef Tikun HaYesod wrote on 04 Jan 2017 22:15:](#)

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And the meaning was quite clear, that if I want to be serious about breaking free/recovering,

which apparently I'm not, despite taking 11 positive steps, outlined in my thread,

then I would read that book and already know what HALT stood for.

Cord is a truly a great guy who gives of his time and is quite helpful.

He has even directly helped me immensely by setting something up for me.

But that post was out of line, nonetheless.

Shua, it bothered me, but I let it go and ignored it.

But then when I saw that he was being praised for it, I felt I had to respond.

Il don't know if he's a great guy or not....probably not. But he will tell you that he thinks that you reading the white book is a far more important step towards your recovery than the 11 steps you have taken so far.

And those 11 steps are great, and you should continue. Was my post too strong? Perhaps. My apologies. CanI say that I won't do it again? No. But I do feel bad that you were hurt and I'm sorry. My opinion, however, remains the same.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 05 Jan 2017 12:30

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It's going to be a great day today.

I can feel it.

Hope it is for all of you too.

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Re: Group 196

Posted by shua73 - 05 Jan 2017 13:30

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[Yosef Tikun HaYesod wrote on 05 Jan 2017 12:30:](#)

It's going to be a great day today.

I can feel it.

Hope it is for all of you too.

I don't know about anyone else but I have a pounding headache from a cold. Otherwise

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Re: Group 196

Posted by Yosef Tikun HaYesod - 06 Jan 2017 13:52

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A whole day later...

Today is going to be a great day too.

wonderful day  
Where did everybody go?

3 full weeks clean!

Have a good Shabbos.

Made a list of things on my 90-day thread, and it's WAY more than 11...it's 34 or more.

Nervous about making the shavua.

Maybe, I'll wait until Sunday....think it over more.

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Re: Group 196

Posted by LifneiHashem - 06 Jan 2017 16:30

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[Yosef Tikun HaYesod wrote:](#)

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Today is going to be a great day too.

Where did everybody go?

3 full weeks clean!

Have a good Shabbos.

Made a list of things on my 90-day thread, and it's WAY more than 11...it's 34 or more.

Nervous about making the shavua.

Maybe, I'll wait until Sunday....think it over more.

Hatzlacha! I never tried the shvua either. It seems like a basic level of yiras shomayim is needed for it to be effective, which I fear I don't have.

Good Shabbos!

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Re: Group 196

Posted by will Succeed Beh - 08 Jan 2017 15:19

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[LifneiHashem wrote on 06 Jan 2017 16:30:](#)

Hatzlacha! I never tried the shvua either. It seems like a basic level of yiras shomayim is needed for it to be effective, which I fear I don't have.

Good Shabbos!

I'm on the TaPHSiC Shvua for 39 days sober, it kept me so even when i had a slip it didnt end up in a fall.

The idea of TaPHSiC Shvua/Method is basically a way of self-control, by the fall having an immediate effect on ourselves, have a look [here](#) for the full program, i would recommend the best the Double Fence Method.



LOL Hatzlocho in all your doings!

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