

Falling frequency grew the last weeks...

Posted by botty - 09 Aug 2017 14:13

Hey guys, just wanna share you my last history:

i am a gye member for like 3 years and a half. my 1st 90days was a success, i was clean 1 year and 2 months, but after that i started to fall like once a 50-60 days in average. actually i just fell today (9/8/2017). "fall"=only act out, without bad vidoes BH... the last 2 months it became harder, i fall like once 2.5 weeks.

i use only 90day chart and chizuk emails. i wanted to start taphsic method but saw in forums that ppl say this method isnt such a success... what can i do? do i ???? addicted?

which method can i use to help me lower the falling frequency? besides praying to god like at least 4 time a day? is it good to start the tahpsic method for me?

thanks in advance

i am not married, 25 years old (in ??' ??), live in israel...

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Re: Falling frequency grew the last weeks...

Posted by Markz - 09 Aug 2017 14:32

[botty wrote on 09 Aug 2017 14:13:](#)

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i am not married, 25 years old (in ??' ??), live in israel...

Phew - at least someone heard ;-)

Botty no one can tell you what to do, but the powerful solutions (see spoiler below) are available. Your choice

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Re: Falling frequency grewed the last weeks...
Posted by botty - 09 Aug 2017 15:04

BH i dont need internet restrictions cuz i dont fall in bad movies BH.

i do need more forums!

what about therapy? do u think i need therapy?

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Re: Falling frequency grewed the last weeks...
Posted by Markz - 09 Aug 2017 15:17

[botty wrote on 09 Aug 2017 15:04:](#)

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what about therapy? do u think i need therapy?

Yes

based on something you wrote in group 182 ???

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Re: Falling frequency grewed the last weeks...
Posted by GrowStrong - 09 Aug 2017 15:24

lol M.

Hatzlocha Botty! Have you spoken to real people and shared the issues?

My latest theory is that TaphSic works for the people who dont get to the forum... Once here you are already at the next level, although for maybe 10-20% here it works to some degree.

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Re: Falling frequency grewed the last weeks...
Posted by botty - 09 Aug 2017 19:54

MArkz what i wrote that says i need it?

GrowStrong i dont understand - those who are in forum are more addicted or less??

can u explain again about the taphsic for who it works? what is "at the next level"?

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Re: Falling frequency grewed the last weeks...
Posted by Markz - 09 Aug 2017 20:18

[botty wrote on 09 Aug 2017 19:54:](#)

MArkz what i wrote that says i need it?

GrowStrong i dont understand - those who are in forum are more addicted or less??

can u explain again about the taphsic for who it works? what is "at the next level"?

That you had problems in life, is why I said therapy may help

I think if you are willing to take advice from a virtual forum, makes you a definite candidate - just kiddin'

Ok, now about Taphsic. There's nothing to say

Let each man state what works for him, as I have in my sig ;-)

Let the people that have succeeded with Taphsic alone for serious / normal addiction please come forward and share with botty. Hey guys slow down! One at a time... Oops hey where did they dissapear to?

(Should I put the next in a spoiler??)

Oh - they used the Taphsic mentioned in this week's Chizuk email, planting a sword by the

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Re: Falling frequency grewed the last weeks...
Posted by botty - 09 Aug 2017 21:12

maybe it wont work for ppl who are very hard addicted, that fall like every day with bad movies.
but for ppl that fall once a few weeks without bad vidoes it could be good?

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Re: Falling frequency grewed the last weeks...

Posted by GrowStrong - 09 Aug 2017 21:14

i guess it depends on the level of yirat shamayim you have

My program is working on Ahavat Hashem and Shivisi Hashem LeNegdi Tamid

Yirat Shamayim just simply did not stop me from acting out.

It just caused me to break my word

And as a sexaholic (read chronic liar) that was my norm.

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Re: Falling frequency grewed the last weeks...

Posted by gibbor120 - 09 Aug 2017 21:41

I hear your question, but don't have a good answer. I get the impression that taphsic works best for someone who occasionally falls, but I really don't have any experience with it.

Check out some of the links in my signature and check out the handbook for ideas. And as always, keep posting.

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Re: Falling frequency grewed the last weeks...

Posted by David26fr - 10 Aug 2017 07:57

In my own experience, Taphsic is helping a lot.

But I know this is with these two facts :

- I'm not in a very high level of addiction (like acting two or three times a week)

- There is a condition in my Taphsic vow to announce to my wife when I have a fall

This condition is the key for me, obviously because of fear and shame to tell her that I took some hours to made my day with other women...

Before I made this condition, Taphsic with simple money knas helped too, but not as good as now.

With a low level of addiction, Taphsic could be very helping to stay sober.

With an higher level addiction or in case of a very strong lust attack, a Taphsic could help to gain time for some minutes or hours...

But, in each case, if there isn't actions in parallels like calling a partner, going to SA meetings, filters... Taphsic vow will be broken. For sure. It's just a question of time.

Because addiction is more powerful than fear of perjury.

A Taphsic vow is just to help you to gain time (especially Taphsic vow with actions to do before acting), or to help you like a crutch.

And I know people that made Taphsic with 2000 dollars knas, thinking that it could free them from addiction. Their bankers aren't happy now...

And I know people that made Taphsic with a condition like "Everytime I will take a second look at a woman, I'll pay 0.20 dollars". This is a good way to become crazy.

Taphsic is not the magic word that will erase the addiction.

There is not magic word for that. Only serious, humble work and the 12 steps will help.

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Re: Falling frequency grewed the last weeks...

Posted by botty - 10 Aug 2017 20:55

for some1 who falls like once 2-3 weeks without bad vidoes, will it be good?

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Re: Falling frequency grewed the last weeks...

Posted by David26fr - 10 Aug 2017 22:58

[botty wrote on 10 Aug 2017 20:55:](#)

for some1 who falls like once 2-3 weeks without bad vidoes, will it be good?

Taphsic can surely help in such a case of addiction like yours, I think.

I think you can start with a Taphsic vow for a little time and little knas, to see how it works with you.

It would be wise to adjust it by little steps after, making it more difficult if needed. Little steps.

Adding 500 \$ knas in a Taphsic suddenly, or adding 6 months to his duration suddenly, are pure stupidity.

Also, I advice to keep original GYE's version. If you want to customize it, be sure about your modification and think it twice before the vow, and start to test it for a little period of time.

Be patient : it could take months before you find "your" good version. And your version is only adapted to your story, and could be a nightmare for another addict

Side effect : a succesful Taphsic can bring you to stop to work on the program, so you have to be careful on this point. This happened to me and it lead me to falls.

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Re: Falling frequency grewed the last weeks...

Posted by Markz - 11 Aug 2017 00:02

[David26fr wrote on 10 Aug 2017 22:58:](#)

[botty wrote on 10 Aug 2017 20:55:](#)

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Side effect : a succesful Taphsic can bring you to stop to work on the program, so you have to be careful on this point. This happened to me and it lead me to falls.

David, Has Taphsic alone saved you for 3 months?

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Re: Falling frequency grewed the last weeks...

Posted by David26fr - 11 Aug 2017 08:46

As I said in my previous message, absolutly no :

[David26fr wrote on 10 Aug 2017 07:57:](#)

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With an higher level addiction or in case of a very strong lust attack, a Taphsic could help to gain time for some minutes or hours...

But, in each case, if there isn't actions in parallels like calling a partner, going to SA meetings, filters... Taphsic vow will be broken. For sure. It's just a question of time.

Because addiction is more powerful than fear of perjury.

A Taphsic vow is just to help you to gain time (especially Taphsic vow with actions to do before acting), or to help you like a crutch.

[...]

Taphsic is not the magic word that will erase the addiction.

There is not magic word for that. Only serious, humble work and the 12 steps will help.

For me, Taphsic alone with no other work or program at all, as I experienced, is a very good tool to became... a perfect dry drunk addict

And in this case, when Tapshic vow is removed or has reached his term , fall will occur in minutes. Not even hours or days, but minutes.

This is not what I can call "recovery"

But I think, on a person with a low level addiction, Tapshic is a good help. A good help only if it is used with others tools of SA/GYE : 12 steps, live meeting, forum, partnership, even therapy...

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