

many years of suffering!

Posted by gyen2015 - 24 Jan 2016 22:23

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I'm 30 years old with a family. Used the taphsik method and it helped for almost 2 month... and then I had no choice and brook the shvoa.

It's uncomfortable what do I do next??

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Re: many years of suffering!

Posted by cordnoy - 24 Jan 2016 22:31

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Welcome

There is a lot of info all over this site.

B'hatzlachah

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Re: many years of suffering!

Posted by markz - 24 Jan 2016 22:47

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Check cordnoys signature, and try join his daily call

I feel for you, I'm also afraid myself of relying solely on the Taphsic idea for 2 reasons

Can I trust myself? No

It means I'm assuming I'll be meeting be YH in the ring, and I'd rather not, so...

Krank on the Truck!

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Re: many years of suffering!

Posted by markz - 24 Jan 2016 22:48

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Check cordnoys signature, and try join his daily call

I feel for you, I'm also afraid myself of relying solely on the Taphsic idea for 2 reasons

Can I trust myself? No

It means I'm assuming I'll be meeting be YH in the ring, and I'd rather not, so...

Kome on Trucking!

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Re: many years of suffering!

Posted by Workingguy - 24 Jan 2016 23:04

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[gyen2015 wrote:](#)

I'm 30 years old with a family. Used the taphsik method and it helped for almost 2 month... and then I had no choice and brook the shvoa.

It's uncomfortable what do I do next??

Share a little more about your story in general and people may be able to relate to your story with advice and what worked for them.

Also see cordnoy and markz's signatures, advice, input and posts. They have a wealth of wisdom and experience.

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Re: many years of suffering!  
Posted by Shteeble - 24 Jan 2016 23:14

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Welcome to GYE.

The GYE Handbook is a great place to start.

The link is below.

Hatzlocha!

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Re: many years of suffering!  
Posted by Bigmoish - 25 Jan 2016 01:10

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[gyen2015 wrote:](#)

I'm 30 years old with a family. Used the taphsik method and it helped for almost 2 month... and then I had no choice and brook the shvoa.

It's uncomfortable what do I do next??

Welcome.

The expression "no choice" is a bit confusing to me. Do you mind explaining what you mean by that?

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Re: many years of suffering!

Posted by Shlomo24 - 25 Jan 2016 02:21

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I would like to chime in on the no choice thing also. I know that for me I have no choice, I am powerless over lust. It's not a decision on my part.

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Re: many years of suffering!

Posted by BenTorah.BaalHabayis - 25 Jan 2016 05:13

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Welcome to GYE! You've come to the right place as many people have been helped here. A good place to start is the GYE Handbook as well as become an active participant in the forums. Breaking out of isolation and expressing yourself is a huge step towards recovery!

Hatzlacha!

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Re: many years of suffering!

Posted by gibbor120 - 27 Jan 2016 20:41

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Welcome! Read the handbook. Keep posting. Taphsic is only one tool. Maybe it's time to try something else.

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