

HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:48

---

Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

=====

=====

Re: HELP ME

Posted by Fb2016fbt - 26 Feb 2016 19:59

---

That technique sounds really good. I'll try it out

have a good shabbos

=====

=====

Re: HELP ME

Posted by markz - 26 Feb 2016 22:21

---

I promise you bl"n that I don't trust myself to keep promises - Cuss I may break my oath.

I feel like swearing now grrrr (Cordnoy can you help me pls)

If you are into swearing, the Taphsic thing on the top of the page in the dropdown may be down your street, but is not the lane my Truck is in...

KOT

=====

=====

Re: HELP ME

Posted by Watson - 27 Feb 2016 19:11

---

[Yesod wrote on 26 Feb 2016 17:34:](#)

If you don't mind me asking.

That is a charming platitude,

However it sort of overlooks the enormous challenge of actually having gd in one's life constantly.

All it takes is a few minutes, hours, or days without gd in one's life in order to find oneself back in the dirt....

All it takes is one miss

Very well said. The key is how to develop a close relationship with Hashem. The 12 steps are one way of doing that but there are others.

I think developing a relationship with Hashem involves doing your best. He doesn't ask us to do more than we're capable of. B"H my G-d is not vindictive and doesn't abandon me after just a few minutes or hours of not thinking about Him.

=====  
=====

Re: HELP ME

Posted by Yesod - 28 Feb 2016 00:03

---

[Watson wrote on 27 Feb 2016 19:11:](#)

[Yesod wrote on 26 Feb 2016 17:34:](#)

If you don't mind me asking.

That is a charming platitude,

However it sort of overlooks the enormous challenge of actually having gd in one's life constantly.

All it takes is a few minutes, hours, or days without gd in one's life in order to find oneself back in the dirt....

All it takes is one miss

Very well said. The key is how to develop a close relationship with Hashem. The 12 steps are one way of doing that but there are others.

I think developing a relationship with Hashem involves doing your best. He doesn't ask us to do more than we're capable of. B"H my G-d is not vindictive and doesn't abandon me after just a few minutes or hours of not thinking about Him.

Gd never abandoned us, not even during our worst episode.

Its about "us letting gd" in, i find that being a human and all, it's fairly easy to miss doing that.

=====  
=====

Re: HELP ME

Posted by musician - 28 Feb 2016 03:41

---

Markz:

I would venture to guess that whether or not you keep a promise hinges on the degree of difficulty that it would entail.

Surely most people wouldn't be challenged by postponing for a few minutes an activity that they know to be harmful and that they know they want to resist, don't you think? And if 15 minutes won't do it, how about five minutes?

I believe that this is the integral difference between TaPHSiC and what I am advocating (bearing in mind that they are not mutually exclusive): TaPHSiC is a planned commitment. It involves a serious undertaking and it bears great responsibility. It is a formidable and powerful tool in and of itself.

My idea involves no planning at all. It is meant for someone who is at the brink of a fall, whether or not he has made a taphsic commitment. It's a last-minute attempt to avert a catastrophe.

=====  
=====

Re: HELP ME

Posted by Yesod - 28 Feb 2016 04:13

---

[musician wrote on 28 Feb 2016 03:41:](#)

Markz:

I would venture to guess that whether or not you keep a promise hinges on the degree of difficulty that it would entail.

Surely most people wouldn't be challenged by postponing for a few minutes an activity that they know to be harmful and that they know they want to resist, don't you think? And if 15 minutes won't do it, how about five minutes?

I believe that this is the integral difference between TaPHSiC and what I am advocating (bearing in mind that they are not mutually exclusive): TaPHSiC is a planned commitment. It involves a serious undertaking and it bears great responsibility. It is a formidable and powerful tool in and of itself.

My idea involves no planning at all. It is meant for someone who is at the brink of a fall, whether or not he has made a taphsic commitment. It's a last-minute attempt to avert a catastrophe.

Sounds like a great idea if that is what someone can use to get him over the heat.

Whateva woiks

=====

Re: HELP ME

Posted by strugglinginpain - 28 Feb 2016 04:21

---

Gut Voch Fb2016ft.

I'm also 23 and I just started my 90-day journey. I'm sorry that I can't give you any advice, because I myself am in need of the same. But one thing I do know: I'm beginning to have more confidence in myself, now that I see I'm not alone in my situation.

My *Hashem* give us the strength to succeed in achieving our goals of freedom from lust and lead healthy, normal lives ?????.

=====

Re: HELP ME

---

Posted by markz - 28 Feb 2016 05:49

---

[musician wrote:](#)

Markz:

I would venture to guess that whether or not you keep a promise hinges on the degree of difficulty that it would entail.

Surely most people wouldn't be challenged by postponing for a few minutes an activity that they know to be harmful and that they know they want to resist, don't you think? And if 15 minutes won't do it, how about five minutes?

I believe that this is the integral difference between TaPHSiC and what I am advocating (bearing in mind that they are not mutually exclusive): TaPHSiC is a planned commitment. It involves a serious undertaking and it bears great responsibility. It is a formidable and powerful tool in and of itself.

My idea involves no planning at all. It is meant for someone who is at the brink of a fall, whether or not he has made a taphsic commitment. It's a last-minute attempt to avert a catastrophe.

My friend I highly respect the fact that this tool has helped you even if it is something that I totally cannot understand

One thing that we try to keep away from on these forums, is heated debates, so I don't intend to stoke anything here AT ALL

I am a rigid think and therefore see things the way that other people might not

There's a thread in my signature called "Free Towing" where many many current 100 day + successful truckers are listed. Many lanes are used by them on the Trucking highway to recover.

I have not done my research, but I did not see too many of those truckers succeeding long term with Oaths to be totally clean from from porn and mast\*. Therefore in my mind it's not a tool to be recommended to newcomers, at all

Again - sorry for my rigid perception

If anyone has long term success with Taphsic - pls share it, cos I haven't seen it

If my words stress you out, feel free to click the "hands-down" button below

=====

Re: HELP ME

Posted by goodchange613 - 28 Feb 2016 08:37

---

im also 23

im married

been here 5 months

has changed my life

stay strong!

**Warning: Spoiler!**

=====

=====

Re: HELP ME

Posted by Sasha 2 - 28 Feb 2016 09:51

---

Fb2016fbt: Great courage to start your own thread!! Its just the start to a long fulfilling recovery  
B'ezras Hashem, Hatzlocha!

Group support is the way!!

Obviously each to there own but i would like to share that i find the Taphsic shvua really  
powerful being that theres a heavy knas involved and one must have distractions to avoid it, but  
of course without the will and realization of why we must stop no knas could really help.

=====

=====

Re: HELP ME

Posted by Shlomo24 - 28 Feb 2016 10:08

---

[markz wrote on 28 Feb 2016 05:49:](#)

[musician wrote:](#)

Markz:

I would venture to guess that whether or not you keep a promise hinges on the degree of  
difficulty that it would entail.



Surely most people wouldn't be challenged by postponing for a few minutes an activity that they know to be harmful and that they know they want to resist, don't you think? And if 15 minutes won't do it, how about five minutes?

I believe that this is the integral difference between TaPHSiC and what I am advocating (bearing in mind that they are not mutually exclusive): TaPHSiC is a planned commitment. It involves a serious undertaking and it bears great responsibility. It is a formidable and powerful tool in and of itself.

My idea involves no planning at all. It is meant for someone who is at the brink of a fall, whether or not he has made a taphsic commitment. It's a last-minute attempt to avert a catastrophe.

My friend I highly respect the fact that this tool has helped you even if it is something that I totally cannot understand

One thing that we try to keep away from on these forums, is heated debates, so I don't intend to stoke anything here AT ALL

I am a rigid think and therefore see things the way that other people might not

There's a thread in my signature called "Free Towing" where many many current 100 day + successful truckers are listed. Many lanes are used by them on the Trucking highway to recover.

I have not done my research, but I did not see too many of those truckers succeeding long term with Oaths to be totally clean from from porn and mast\*. Therefore in my mind it's not a tool to be recommended to newcomers, at all

Again - sorry for my rigid perception

If anyone has long term success with Taphsic - pls share it, cos I haven't seen it

If my words stress you out, feel free to click the "hands-down" button below

Not every tool is designed that there will be immediate long-term success, (yes I know that statement was an oxymoron). Some tools are just there to start the journey, even if they may not cure the problem in the long run. For that, taphshic is helpful.

=====

Re: HELP ME

Posted by Fb2016fbt - 01 Mar 2016 19:16

---

So lamaysa with which steps does the oilam think we're most useful in their recovery? I'm still falling!!!

any specific advise for a bochur?

=====

Re: HELP ME

Posted by markz - 01 Mar 2016 19:30

---

I'm not a bachur

There's a nice bachurs story [here](#), and afterwards feel free to checkout the success stories in the "Free Towing" page

As I mentioned before, listening to call, or participation, or having someone to talk to can jump you 90 miles ahead

All the best

=====  
=====

Re: HELP ME

Posted by BenTorah.BaalHabayis - 01 Mar 2016 19:58

---

[Fb2016fbt wrote on 01 Mar 2016 19:16:](#)

So lamaysa with which steps does the oilam think we're most useful in their recovery? I'm still falling!!!

any specific advise for a bochur?

I'm not sure if this was asked already, but did you read the GYE Handbook?

=====  
=====