

Looking for some advice

Posted by tikkunolam1989 - 27 May 2016 02:30

Hi. I'm Dave. I recently used the taphsik method to stop wasting time on the internet and to avoid inappropriate sites. BH I never was addicted but sometimes went looking for inappropriate things on news sites etc. The shvua has totally fortified me.

My question is i am also quite overweight and i believe that a shvua to stop eating junk etc. except for shabbos would really help me in so many ways. Is this a good idea or not?

Thanks in advance for all your help

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Re: Looking for some advice

Posted by tikkunolam1989 - 27 May 2016 02:31

also any good advice on the quarter or dollar rule regarding shmiras einayim would be greatly appreciated. thanks

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Re: Looking for some advice

Posted by markz - 27 May 2016 02:39

Welcome

Lusting and Pleasuring may be related

see this link

guardyoureyes.com/forum/19-Introduce-Yourself/264215-----FRESSING

What dollar rule are you referring to?

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Re: Looking for some advice

Posted by tikkunolam1989 - 27 May 2016 02:41

for looking for more than three seconds at something innapropriate on the street

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Re: Looking for some advice

Posted by markz - 27 May 2016 02:43

Are you asking for advice, or you asking what it is?

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Re: Looking for some advice

Posted by tikkunolam1989 - 27 May 2016 02:47

both. but my main question question is about wether it is a good idea to make a shvua about overeating

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Re: Looking for some advice

Posted by markz - 27 May 2016 02:51

On gye we talk our experience

I don't have experience with Taphsic

I have little experience with Overeating

I have plenty experience with 3 second Rule

See more explained in the handbook

and at this link

guardyoureyes.com/forum/2-What-Works-for-Me/29707-Three-Second-Rule_Always-Found-In-Free-Lust-Towing-PAGE

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Re: Looking for some advice

Posted by tikkunolam1989 - 27 May 2016 03:09

thanks so much. anyone else?

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Re: Looking for some advice

Posted by inastruggle - 27 May 2016 19:29

My two ¢ is that shvuos are something very very chamor and not to be trifled with. I would stay away from it.

That said, the way taphsic works is that the shvua isn't not to act out but rather what you do afterwards, so if the punishment was realistic, you won't be oiver lo sisa.

Still this isn't something to take lightly, ask a rov.

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