

TaPHSIC method

Posted by Nashoma - 26 Mar 2015 19:22

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Hey guys:

I recently rethought my TaPHSIC method-so thought I would share:)

Over the past few months I've been collecting chazak emails and other bits of Torah that really speak to me.

I put them all into one note page on my phone(because that's always with me) and every time I start getting urges then I say to myself "Its ok to have these urges but before I act out on them I HAVE TO READ MY NOTE PAGE with the list of inspirational chazak emails and other divry Torah" It takes about 5/6 min to read through the whole thing and at the end I wrote up a prayer to say. If I do this and I end up acting out then I have to give 5 shek to charity and if I avoid reading my note page then I act out I must give 50 shek.

It works really well for me because its personalized it gives me an instant reminder about what i'm about to do and reminds me why I don't want to do it. It also gives me something to do immediately if I have an urge . I have a busy schedule but sometimes I act out as a form of procrastination because I don't want to confront things so reading those emails reminds me that acting out isn't the best use of my time.

Its also fun because i'm always trying to find new pieces of Torha that speak to me that I can add to my list, and so I've created something that instead of having urges and then slipping and feeling ashamed at myself. Now I still have the urges but if I follow through with my method I end up feeling good about myself because I gave myself a dose of Emunah and inspiration.

What ever method you use may Hashem grant you the strength to use it in your time of need!

If anyone has any ideas or thoughts on what methods they use i'd be happy to hear thank you:) and have a blessed shabbas:)

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Re: TaPHSIC method

Posted by cordnoy - 29 Mar 2015 04:37

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Continued hatzlachah!

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Re: TaPHSIC method

Posted by Vermealen - 18 Apr 2015 06:54

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This topic is not easy to find, I want to learn to stay fit.

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