

The TaPHSIC method: Web solution / Life solution

Posted by MeyerLemon - 20 Apr 2016 03:48

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I have set up a couple of things to keep me in check:

1). My computer uses the KBA solution (Knas Based Accountability). Basically, the Covenant Eyes software is installed on my computer, and if the folks at KBA get a bad report, a Knas is taken out. You can set the limit of the Knas, but the minimum limit is \$100.00. This fact itself has been preventing me from even trying to look at dirty pictures because I don't want the chance that the folks at KBA will see the report and take out the Knas.

2). I have a Knas set up for the 90-day challenge. When I make it to the 90-days, (G-d Willing), I will donate \$90 to GYE, but if I fall, it is \$360.00 that I have to pay for the Knas.

3). Setting up the TaPHSIC method, and just getting into the habit of regularly using a distraction, THE FIRST thought or fantasy of a sexual nature. I use emergency turn off pictures to snap me into place.

Today I was in Penn Station, where there is temptation everywhere. And here the TaPHSIC method really worked, because I was able to say when I saw someone that I found attractive, "Is it really worth \$100?" (The small Knas for my TaPHSIC nusach is 100.00..which assumes that I do at least one of the distractions listed), so in reality, it would probably have been \$360.00 -- (I made the big and small Knas equal to the what I had already setup through the 90-day challenge and the KBA.

What was good about this was that it brought in a real tangible, current consequence. By asking myself if being with that particular person that I would see in my Penn Station would be worth it. It was easier to say, "No! It's not worth it."

Before using Knasim, (Knasot?), I would always frame it as that I had to "be good", and I would kid myself that I could take just one long look, and then I would usually follow that person to get even a better look, and more often than not, it would end up with me motzi zera livatala.

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