

My MMA (multiple method application)

Posted by Micha - 01 Aug 2016 21:46

Hi everyone,

I would like to help you by telling what worked/is working to me. I think the best way to free yourself is adopting multiple methods in your struggle. I have Netspark mobile in my cellphone. It has some breaches, but as you can read in the GYE website and hear in many Shiurim, it is only a fence that helps me thinking twice about what I'm going to do and to slow down my ??????. I also try to stay far away from pornography. That means I stopped watching movies that contain scenes with women wearing inappropriate clothes or no clothes, or movies with a romantic background, etc.

But my decisive factor is the TaPHSiC method. I have done a "double fence". Here's my ?????:

I swear (I didn't swear in G-od's name, but I understand that some people will have to do it) that until the next week, if I want to watch erotic material (movies, chat, pictures, jokes, cartoons...) or masturbate myself, if I act before doing one of these things: 1- learning 2 ????? of Gemara with Tosfos; 2- telling my father what I'm going to do; 3- burning a \$50 bill; 4- learning the introduction and the first 3 chapters of the book ??? ?????? (I don't recommend it to nothing except this, because it can make you feel hopeless and as trash), I will have to pay \$300 to the Tzedakah and tell my father what I have done. And if I act after doing one of these things, I "only" need to pay \$200 to the Tzedakah and tell no one.

I hope you can get some benefit from my MMA.

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