

Bigmoish's path to tahara

Posted by Bigmoish - 29 Jul 2014 23:01

I just posted my story in the "introduce yourself" forum. It feels like a weight off my shoulders already, but I hope I can really do this.

I already woke up this morning with the YH in my head, but I managed to brush it off and go

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Re: Bigmoish's path to tahara

Posted by stillgoing - 17 May 2015 22:05

Bigmoish: - CUMULATIVE CLEAN DAYS: 260 Days

daven.

I once heard the moshel of a wealthy man who built himself a huge mansion, and went up to the roof the day it was done to see the view and he fell off. On the way to the hospital he was moaning that he fell and his entire house fell too. The parameds told him that (he must have hit his head or something) only he fell and his house is still standing waiting for the day when he's better again and can go to live in it. When we are clean (& 260 days is no small stuff) we are building a house, when we fall we have to go to the hospital (or GYE) but the house is still ours waiting for our return.

KIT

SG

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 05 Jun 2015 17:32

Somehow, I only seem to be able to gather the strength necessary to update immediately following a fall. Found a loophole in the filter, which I should not have been looking for (and usually don't look for), and the rest is history, although I did manage to hold back from actually masturbating.

In discussing it with my web monitor, I realized that there has been a gradual change in the

nature of my falls. When I started here, I wasn't so addicted to porn per se, but I was compulsively

Warning: Spoiler!

and uncontrollably masturbating quite often. Lately, I noticed, partially due to my filters and accountability software, that my streaks have been consistently longer, and ended with an impulsive

Warning: Spoiler!

search and discovery of a hole in the filter, without even masturbating.

Although I am still ~~skeptical~~ cynical, it seems to me that I now fit better into the category of behavior that the Taphsic method will help for.

On a side note, I do feel that although my wife may never fully get over the fact that I lusted after her sister, my connection with her is definitely improving.

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Re: Bigmoish's path to tahara

Posted by cordnoy - 05 Jun 2015 17:42

Although I don't understand all the lingo and the psyche stuff, it does sound like a "commitment"

theory I have been hearin'.....

b'hatzlachah

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 05 Jun 2015 17:47

Commitment? I ain't ready to be committed jes' yet...

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Jun 2015 14:10

This is basically how I feel when I attempt step 4...

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Re: Bigmoish's path to tahara

Posted by serenity - 16 Jun 2015 14:19

I hear that's not an uncommon experience.

I think it was Bill S. on the tapes of his step seminar that talked about the guy who listed like a

Personally having spent an inordinate amount of time on Step 4, most of that time due to procrastination, do it thoroughly of course but get it over with. It's like wallowing in misery. I took my 5st step yesterday and a huge burden was lifted from me.

Hatzlacha!

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Re: Bigmoish's path to tahara
Posted by cordnoy - 17 Jun 2015 16:42

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Re: Bigmoish's path to tahara
Posted by ZemirosShabbos - 17 Jun 2015 16:57

[bardichev wrote:](#)

4994

FOOOOR! NAYN??

NAYN FOOR!!!!!!!!!!!!!!

KEEP ON TRUCKING

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Re: Bigmoish's path to tahara
Posted by cordnoy - 17 Jun 2015 17:13

[ZemirosShabbos wrote:](#)

[bardichev wrote:](#)

4994

FOOOOR! NAYN??

NAYN FOOR!!!!!!!!!!!!!!

KEEP ON TRUCKING

Don't jump da gun!

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Re: Bigmoish's path to tahara

Posted by cordnoy - 17 Jun 2015 17:16

[cordnoy wrote:](#)

[ZemirosShabbos wrote:](#)

[bardichev wrote:](#)

4994

FOOOOR! NAYN??

NAYN FOOR!!!!!!!!!!!!!!

KEEP ON TRUCKING

Don't jump da gun!

Warning: Spoiler!

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Re: Bigmoish's path to tahara
Posted by Bigmoish - 19 Jun 2015 18:10

Been having a slightly rough time lately.

My utmost thanks and gratitude to everyone who continues to inspire me, listen to me, and share with me both on and off the forum. It's a long list, and if you're reading this, you're probably on it...

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Re: Bigmoish's path to tahara
Posted by pischoshelmachat - 19 Jun 2015 18:14

[Bigmoish wrote:](#)

Been having a slightly rough time lately.

My utmost thanks and gratitude to everyone who continues to inspire me, listen to me, and share with me both on and off the forum. It's a long list, and if you're reading this, you're probably on it...

Moish,

We all believe in you, respect you, admire you and are very inspired by you!

Have a wonderful Shabbos!

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Re: Bigmoish's path to tahara
Posted by cordnoy - 19 Jun 2015 19:51

[Bigmoish wrote:](#)

Been having a slightly rough time lately.

My utmost thanks and gratitude to everyone who continues to inspire me, listen to me, and share with me both on and off the forum. It's a long list, and if you're reading this, you're probably on it...

We are rootin' for you

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Re: Bigmoish's path to tahara

Posted by serenity - 19 Jun 2015 21:20

I can relate and so have I. What works for me is to change my mind set and up my med dose.

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