

TaPHSiC Method mess!

Posted by Lovely Jew - 18 Jul 2017 16:30

i made the TaPHSiC method for 90 days- but the way it was structured is that it's only going into effect once i'm deliberately watching pornography longer than 10 seconds. it worked for a while but after some time i started watching for 10 seconds and then looked away and watching for another 10 second...

?now i got OCD! if i wasn't watching by mistake longer than 10 seconds - or if the SHAVOA that i made is really not going into effect in a way that i'm watching and looking away and continue watching again.

i decided to ask my Rov to be ???? ?? ??? - as you understand i couldn't tell them the whole truth because i was too shy- and he start blaming me for playing with such things as a SHAVOA. and then he said he not sure if he can be ???? ?? ??? because its a ???? ???? ????.

can some please please help me. i'm feeling sick thinking i've maybe been ???? ?? ???? which is scary indeed.

thank you

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Re: TaPHSiC Method mess!

Posted by Markz - 18 Jul 2017 16:52

Sorry to hear that you're grappling with such serious stuff

Maybe ask him if you can at least change it from 10 seconds to 10 minutes?

The reality is that as long as we are keeping secrets from our rabbi, or gye partner, etc, we are gonna keep fencing..

The funny thing about gye is that one can loophole around lots of tools. For example the 90 day chart - one can intentionally slip yet not fall off the chart...

So for many of us, we need to start with step #1 in the handbook, if we are so willing

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Re: TaPHSiC Method mess!

Posted by Workingguy - 18 Jul 2017 18:11

[Markz wrote on 18 Jul 2017 16:52:](#)

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The reality is that as long as we are keeping secrets from our rabbi, or gye partner, etc, we are gonna keep fencing..

The funny thing about gye is that one can loophole around lots of tools. For example the 90 day chart - one can intentionally slip yet not fall off the chart...

So for many of us, we need to start with step #1 in the handbook, if we are so willing

You have to ask someone qualified who really knows the Halacha. I had a similar issue years ago- when I first masturbated I promised I would give \$100 each time. It went on for years and I only asked to be matir years later. I think my Rov did that something that I couldn't control I obviously never meant to make.

so ask someone, but like Markz said, better to tell the truth.

And this, in my opinion, is a big danger of Taphsic.

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Re: TaPHSiC Method mess!

Posted by Lovely Jew - 18 Jul 2017 20:12

the problem is that my rov won't understand - and cant think of one who would..

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Re: TaPHSiC Method mess!

Posted by Markz - 18 Jul 2017 21:54

[Lovely Jew wrote on 18 Jul 2017 20:12:](#)

the problem is that my rov won't understand - and cant think of one who would..

Most Rabbis nowadays are not there to meet out penance...

If the question is about past misdemeanors, i say just move on

Apparently 99% of those that break free with Taphsic from serious [strike/]addiction[/strike] struggle do not visit the forum

BARUCH HASHEM YOU JOINED US TO BREAK FREE BEFORE YOU WENT BROKE

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Re: TaPHSiC Method mess!

Posted by Markz - 18 Jul 2017 21:56

[Lovely Jew wrote on 18 Jul 2017 20:12:](#)

the problem is that my rov won't understand - and cant think of one who would..

Most Rabbis nowadays are not there to meet out penance...

If the question is about past misdemeanors, i say just move on

If not, I suggest you email theguard (eyes.guard@gmail.com) and ask for his assistance

Apparently 99% of those that break free with Taphsic **exclusively** from serious ~~addiction~~ struggle do not participate in the forums

BARUCH HASHEM YOU JOINED US TO BREAK FREE BEFORE YOU WENT BROKE

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Re: TaPHSiC Method mess!

Posted by Hakolhevel - 18 Jul 2017 22:34

Apparently 99% of those that break free with Taphsic from serious ~~addiction~~ struggle do not visit the forum

BARUCH HASHEM YOU JOINED US TO BREAK FREE BEFORE YOU WENT BBROKE

Whoa where is that statistic from?

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Re: TaPHSiC Method mess!

Posted by serenity - 19 Jul 2017 02:14

You're watching pornography and your "feeling sick" and scared that maybe you've been ????
?? ???? !? You're breaking an oath to who, may I ask? To the God that is sitting next you crying
while you reject Him and seek your comfort in pornography?

I want to be very clear. I'm not judging you at all. I've done the same and worse. I'm only trying
to point out to you and to others that the oath you made is nonsense. You worship
pornography and no oath to Hashem is going to help you, apparently. Pornography is where
you turn for your solace and comfort and to fill the emptiness inside. I know that's where I went
for comfort for over 30 years.

Stop watching pornography and you won't have to worry breaking any oaths.

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Re: TaPHSiC Method mess!

Posted by Markz - 19 Jul 2017 02:14

[Hakolhevel wrote on 18 Jul 2017 22:34:](#)

Apparently 99% of those that break free with Taphsic from serious addiction struggle do not visit
the forum

BARUCH HASHEM YOU JOINED US TO BREAK FREE BEFORE YOU WENT BBROKE

Whoa where is that statistic from?

Sorry I edited my post after you quoted it

Please re-read

Apparently Taphsic exclusively (with no other tools) works.

Theres very little proof on the forum to this fact, which is is why I wrote what I wrote

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Re: TaPHSiC Method mess!

Posted by Markz - 19 Jul 2017 02:33

Serenity how could you forget about Mark!!

It's in your signature

-"To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing." Mark Twaine

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Re: TaPHSiC Method mess!

Posted by Markz - 19 Jul 2017 02:41

[serenity wrote on 19 Jul 2017 02:14:](#)

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you turn for your solace and comfort and to fill the emptiness inside. I know that's where I went
for comfort for over 30 years.

Stop watching pornography and you won't have to worry breaking any oaths.

That was beautiful!

Can you share with the brother, or better yet on your thread - HOW DO YOU STOP?

Where's the secret ESC button?

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Re: TaPHSiC Method mess!

Posted by Workingguy - 19 Jul 2017 13:58

Serenity,

I guess that what you are saying is ?????? ?????? ??? ?????.

We already swore our allegiance to him at Mount Sinai so it doesn't really make sense to be
worried about another oath if we already have one. That having been said, although I am not a
fan of this method because I myself got in trouble like this guy did 15 years ago, let's give him a

fuzzier welcome.

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Re: TaPHSiC Method mess!

Posted by Hashem Help Me - 19 Jul 2017 20:31

Welcome. You have come to a good place where iyh you will be helped. Taphsic works for many people but like all other strategies, it is not for everyone. Regarding speaking with your rav, you may be quite surprised and hear from him that he is dealing with this issue with other members of your kehilla. If you are still uncomfortable approaching him, you must know of at least one other rav, rebbe, magid shiur.... who deals with these things.

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Re: TaPHSiC Method mess!

Posted by serenity - 20 Jul 2017 00:23

Thanks. I didn't notice that Lovely Jew is a new comer. My intentions were not to hurt anyone. I'm not saying not to worry about an oath. An oath is very serious business. I'm saying is that maybe we need a different relationship with God before an oath is going to stop us from acting out and maybe we need to realize how serious lust is for many of us. If we truly have a sickness then an oath isn't going to help us. Would you take an oath to stop eating peanuts if you knew you had a peanut allergy? O course not. And for us guys that gave up a lot for yiddishkeit but can't manage to give up lust, maybe we need to get real treatment for a disease.

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Re: TaPHSiC Method mess!

Posted by Singularity - 20 Jul 2017 07:21

[Workingguy wrote on 19 Jul 2017 13:58:](#)

Serenity,

I guess that what you are saying is ?????? ?????? ??? ?????.

We already swore our allegiance to him at Mount Sinai so it doesn't really make sense to be worried about another oath if we already have one. That having been said, although I am not a fan of this method because I myself got in trouble like this guy did 15 years ago, let's give him a fuzzier welcome.

I don't think serenity was debating whether we had an allegiance to Hashem or not. He's just saying we have more of an allegiance to lust.

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