

Tafsik commitment - Something which worked for me

Posted by Cholentfresser - 29 May 2011 09:39

Hi,

I know there is already a lot of material on the forum about this, but I just wanted to share something which is really working for me. Its a variation on the tafsik method and is not my original idea - I was inspired to do it by someone else here on GYE. I made a commitment that if I wanted to look at p@rn online first I would do one of 4 things, 1)talk thru how I'm feeling with my wife, or 2) go for a 30min run/exercise, or 3) learn Torah for 30mins, or 4) read about the holocaust for 30mins. If I did anyone of these 4 actions before looking then I would only have to give \$75 to tzedakah, if I did not do any of these 4 actions but just went right ahead and looked I would have to give \$750 to tzedaka. BH I haven't looked at any p@rn online since I made this commitment. Again this is someone elses idea (thank you whoever it was - sorry I cant say it over b'seim amru) - it helps me a lot, I hope it can help you too.

KT,

CF

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Re: Tafsik commitment - Something which worked for me

Posted by im not alone - 06 Jun 2011 18:48

jester,

You are 100% right,

The reason why I set it so (thus leaving an open door, should i fall) because otherwise it wouldn't be that specific. The 75 amount im already using for a fall with the 30 minute rule (read my initial post). Now i could make a third amount for this and another amount for that but I wanna stay specific "and" simple

Even the fact alone that I committed myself just for the next fall, could cause the very same problem. I would think "oh I've anyways fallen, gotta pay now its over" getting me even lower. However I think that I'm only missing determination and I do have the inner power to overcome my addiction, I really believe that I wasn't determent enough -although I cried much- but i was missing the highest level of determination (I might be wrong)

That said I feel I've set realistic limits....well I hope so

But in any case if I/you would come up with a VERY SPECIFIC AND SIMPLE way to manage that problem, I would implement it

thanks

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Re: Tafsik commitment - Something which worked for me
Posted by im not alone - 01 Jul 2011 05:00

[im not alone wrote on 05 Jun 2011 18:55:](#)

I could see this working for me

(yes I'm quoting myself)

I cant belive it

[im not alone wrote on 03 Jun 2011 16:13:](#)

today is day 1 by me

)

Yes I started ?""? ???? and today is ?? ???? and I'm still going strong

Before I implemented that double taphsic approach I was barely able to squeeze out a 4/5 day clean streak. And now.....28 days clean and counting
(again quoting myself

(talking to myself? ? ?)

INA

Keep it up, you are doing great, were all routing for you,

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Wishing you much success and continued ?????

KEEP ON TRUCKING you make us proud

im not alone

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(sort of proud of myself