

EFT before the 12 steps?

Posted by helpme! - 22 Jan 2012 01:04

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Hi all,

I am considering 'jumping' a few steps in the handbook and am looking into going to an 'EFT' therapist who uses chinese needles, etc to discover the reason i am addicted to p\*\*\*. he claims he has just helped someone within just a few days who used to watch every day 1 and a half hour videos during his lunch break. Can i hear you opinions of trying this 'quick' solution before starting the 12 steps? of perhaps i could do both at the same time...or is it better not to waste my money and just go to SA...?

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Re: EFT before the 12 steps?

Posted by emunah17 - 22 Jan 2012 02:51

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DERECH KETZARA V'ARUCHA V'DERECH ARUCHA U'KETZARA a short way to get somewhere which is long bec. it doesnt work or the opposite I think dont do this method and work the 12 steps

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Re: EFT before the 12 steps?

Posted by strugglingandstrivngBT - 22 Jan 2012 05:31

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why are they mutually exclusive? first of all seriously evaluate if you are SA material but work a program. do something. I would however ask a Rav if the chinese medicine is mutter. it may be chukas akum, I'm not 100% sure. There's definitely limited scientific evidence that it will work, and I doubt that it alone will helo. but providing it is mutter it cant hurt...just my take. Interesting side note-I just learned that the Chinese and Indians (both presumably from Shem) have a culturally believed mental illness that is induced by excessive male sexual activity. they say it causes anxiety. While it is generally dismissed by the psychological world as be psychosomatic in nature, I dont think that is so counter to Jewish thought...

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Re: EFT before the 12 steps?

Posted by helpme! - 22 Jan 2012 06:39

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The therapist is actually a frum yid and who is posted as one of the therapists on GYE website... and i have had chinese needles before (also from a frum yid) and it really helped me - i was very weak and getting sick and after 10 weekly appointments with the chinese needles i was back to normal.

if you think about it what is the difference between chinese needles or taking pills through western medicine? Both things we dont know how they work but we just believe that through taking this pill or having chinese needles in our system we will get better...and at least here in israel the chinese needles are available through insurance, so they must have some kind of credibility..?

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Re: EFT before the 12 steps?

Posted by obormottel - 23 Jan 2012 22:57

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[emunah18 wrote on 22 Jan 2012 02:51:](#)

DERECH KETZARA V'ARUCHA V'DERECH ARUCHA U'KETZARA a short way to get somewhere which is long bec. it doesnt work or the opposite I think dont do this method and work the 12 steps

why is it that you fine gentlemen refuse to take your issue seriously? Chinese needles, soul searching, therapy, 3rd step before steps one and two. May I ask, in your approach to money, do you start working on your second million before you're done accumulating the first one? Because you wanna get there so fast?

Take your life seriously, realize you can't live today for tomorrow. And what you need to do today is to stop masturbating and watching porn. How many needles before you will actually stop? I bet if you had to admit to a real person face to face that you just ejaculated on your lap it would make you think twice before pulling it out.

You can take all the shortcuts in the world, but the only way to sanity is the highway.

Take Emuna's lead, the lad is right on the money.

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Re: EFT before the 12 steps?

Posted by emunah17 - 03 Feb 2012 20:53

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Thanks mottel

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Re: EFT before the 12 steps?

Posted by Dov - 05 Feb 2012 07:41

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Whats the shayloh? Of *course* try the needles! Try everything in the world. We all do.

I am serious, go for it.

If you said "I feel pretty certain that if I masturbated with a gorilla outfit on, I'd *finally* be satisfied and would finally not have to look at dirty pictures any more. Gevalt, I can't wait for that day!" I'd also say ***wholeheartedly***, "Hatzlocha! Go for it!" Experimentation is what most of us need to do - only those who are finally tired of our stupid experimentation are ready.

If there is a solution left in the world for us to finally get free of this problem, I say try it.

And if you are a real addict, you will try *everything* rather than actually learn how to do what you have never done before: truly open up to others, take direction and learn how to depend on G-d. "What, me give up lusting for today? No way Jose." There is no way in the world you will be ready to do that until you are ready to do that. Chinese medicine and acupuncture, or whatever - it is all better than actually getting off our behinds and changing anything we are doing, at all.

My heart goes out to you. Hatzlocha rabba, and may your trip be as easy as possible!

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Re: EFT before the 12 steps?

Posted by Pure yid - 05 Feb 2012 21:12

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Interesting I would wonder if this stuff works. Please advice.

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Re: EFT before the 12 steps?

Posted by helpme! - 07 Feb 2012 16:46

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Obviously it would go hand in hand with hard work, etc. did a little more research... It is a therapy which helps a person discover childhood traumas that may be a cause for addictions. eg a person didnt have strong parents that gave him a 'makom batuach' is very susceptible to addiction, because the person looks for a makom batuach. All the chinese needles help do is awaken the trauma, after which the therapist deals with it and teaches the patient how to cope with it. As far as I can understand, it is also based on neroscience.

Whats the difference between this and therapy?

Another thing, if we truly believe we are sick, not just bad people, then what is the difference between this and a sick person taking medicine?

derech agav, ive used chinese medicine before for a certain physical problem and it helped far more than any drugs, etc. did. in my opinion, sticking needles in your body to make you feel better is as much hocus pocus as puting a small pill down your body which makes you feel better...just my personal opinion... 8)

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Re: EFT before the 12 steps?

Posted by Dov - 07 Feb 2012 16:53

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Sounds great. Go for it. And when you discover it's limitations - if it has any for you - you will need G-d, if you are an addict.

It's all going to be good. That's the most important thing for me to remember. No matter what, we end upo being forced to go the way we must go, and He guides us.

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Re: EFT before the 12 steps?

Posted by helpme! - 07 Feb 2012 17:13

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Well, its \$135 an hour so i dont think ill be doing it any time soon....but seriously, what is the difference between that and a therapist i still havent really understood.

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Re: EFT before the 12 steps?

Posted by Dov - 07 Feb 2012 17:14

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There is no difference at all, of course.

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Re: EFT before the 12 steps?

Posted by Dov - 14 Feb 2012 21:53

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Didn't read any posts for three days now. Not right now, either. It's the liberation I need right now to focus on taking a step back and letting go of some stuff, coming home for a while to rest.

Just to be polite to my sweet friends here, this is to report that b"H all is well but I am taking a break from the *forum* for a while to focus on my own recovery. I will be checking email for PMs, though. The forum is just too much time for me to handle time-wise, right now. Maybe for a few weeks, maybe a few months...no way to know, cuz it really is one day at a time. Love you!

Till then,

Dov

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