

I keep relapsing...

Posted by Philwantstoquit - 15 Mar 2016 19:02

I went 90-120 days clean, then I fell once - then I went for a few weeks and fell again, then twice in couple weeks. I tried the Taphsic method and now I'm out money. I tried 90 day chart - internet filters are jokes. I don't know what to do. Any advice?

I feel bad...I know how terrible of an averah it is and I keep doing it.

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Re: I keep relapsing...

Posted by markz - 15 Mar 2016 19:23

I'm with you brother - and I made a laughing stock of filters, and didn't even wanna try taphsics, so how about you try the real thing like I did

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Re: I keep relapsing...

Posted by Mesayin - 15 Mar 2016 19:55

Welcome [Philwantstoquit](#)!

Have you read through the GYE handbook, that can be a helpful tool.

Or maybe you need to keep in touch with a real person.

You may want to elaborate on your story more so that people can relate and try to give you advice.

Chazak V'emutz

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Re: I keep relapsing...

Posted by cordnoy - 15 Mar 2016 20:24

[markz wrote on 15 Mar 2016 19:23:](#)

I'm with you brother - and I made a laughing stock of filters, and didn't even wanna try taphsics, so how about you try the real thing like I did

But in your four points as to how you recovered, two of them at least are just that, although with a slightly different name?

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Re: I keep relapsing...

Posted by markz - 15 Mar 2016 20:39

[cordnoy wrote:](#)

[markz wrote:](#)

I'm with you brother - and I made a laughing stock of filters, and didn't even wanna try taphsics, so how about you try the real thing like I did

But in your four points as to how you recovered, two of them at least are just that, although with a slightly different name?

Gabai? Please explain the words of the heilige leader, cos I have a waft of alcohol coming my way and I don't chap

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Re: I keep relapsing...

Posted by cordnoy - 15 Mar 2016 20:45

[markz wrote on 15 Mar 2016 20:39:](#)

[cordnoy wrote:](#)

[markz wrote:](#)

I'm with you brother - and I made a laughing stock of filters, and didn't even wanna try taphsics, so how about you try the real thing like I did

But in your four points as to how you recovered, two of them at least are just that, although with a slightly different name?

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Forum, restrictions, get a life, therapy.

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Re: I keep relapsing...

Posted by markz - 15 Mar 2016 20:55

Thanks where's the gabai? He's not allowed to drink!!!

And that's what I meant. Restrictions alone won't help everyone - and someone like Phil would do well, if he's interested, to try any of the other 3 things (combination is what works for me), and some other tools are avail too, and **of course** join the great daily call!!!

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Re: I keep relapsing...

Posted by Shlomo24 - 15 Mar 2016 21:00

[markz wrote on 15 Mar 2016 19:23:](#)

I'm with you brother - and I made a laughing stock of filters, and didn't even wanna try taphsics, so how about you try the real thing like I did

Filters can be "the real thing" for many

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Re: I keep relapsing...

Posted by Shlomo24 - 15 Mar 2016 21:04

Welcome phil. There are many tools on this site. Hopefully you can find ones that work for you.

Hatzlacha.

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Re: I keep relapsing...

Posted by markz - 15 Mar 2016 21:20

Yeah Shlomo Filters ARE a real thing

Warning: Spoiler!

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Re: I keep relapsing...

Posted by cordnoy - 15 Mar 2016 21:33

I will take my issue elsewhere.

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Re: I keep relapsing...

Posted by markz - 15 Mar 2016 21:36

Please could you explain what's goin on - I'm missing something

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Re: I keep relapsing...

Posted by Watson - 15 Mar 2016 21:49

Welcome Phil, I can very much relate to the frustration of not being able to get and stay sober.

I tried hundreds of methods to stop but none of them worked. What have you tried already?

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Re: I keep relapsing...

Posted by David26fr - 16 Mar 2016 19:18

Did you analyze what was the triggers of your recent falls ?

There is always a trigger behind a fall : a picture, nervousity, deception... for examples

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