

Falling frequency grew the last weeks...

Posted by botty - 09 Aug 2017 14:13

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Hey guys, just wanna share you my last history:

i am a gye member for like 3 years and a half. my 1st 90days was a success, i was clean 1 year and 2 months, but after that i started to fall like once a 50-60 days in average. actually i just fell today (9/8/2017). "fall"=only act out, without bad vidoes BH... the last 2 months it became harder, i fall like once 2.5 weeks.

i use only 90day chart and chizuk emails. i wanted to start taphsic method but saw in forums that ppl say this method isnt such a success... what can i do? do i ???? addicted?

which method can i use to help me lower the falling frequency? besides praying to god like at least 4 time a day? is it good to start the tahpsic method for me?

thanks in advance

i am not married, 25 years old (in ??' ??), live in israel...

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Re: Falling frequency grew the last weeks...

Posted by Markz - 11 Aug 2017 12:45

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[David26fr wrote on 10 Aug 2017 22:58:](#)

[botty wrote on 10 Aug 2017 20:55:](#)

for some1 who falls like once 2-3 weeks without bad vidoes, will it be good?

Taphsic can surely help in such a case of addiction like yours, I think.

I think you can start with a Taphsic vow for a little time and little knas, to see how it works with you.

It would be wise to adjust it by little steps after, making it more difficult if needed. Little steps.

Adding 500 \$ knas in a Taphsic suddenly, or adding 6 months to his duration suddenly, are pure stupidity.

Also, I advice to keep original GYE's version. If you want to customize it, be sure about your modification and think it twice before the vow, and start to test it for a little period of time.

Be patient : it could take months before you find "your" good version. And your version is only adapted to your story, and could be a nightmare for another addict

Side effect : a succesful Taphsic can bring you to stop to work on the program, so you have to be careful on this point. This happened to me and it lead me to falls.

According to what you replied this morning, which I assumed would be coming, this post I re-quoted here which almost mentions nothing about other recovery steps has no basis (your word "program" can refer to Filters, as you said earlier)

How can you then assume it'll help for 6 months for someone else?

Please keep sharing what works for you (share it with others in recovery - not your wife please)

Hatzlacha!

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Re: Falling frequency grewed the last weeks...

Posted by David26fr - 11 Aug 2017 15:26

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This post was just an answer to Botty that asked "what about a Tapshic vow" in HIS case.

In this post, I was sharing how I managed to get a working Tapshic, and what mistakes I have done about it, and how to avoid them. That's all.

The previous post of yesterday morning was enough clear for me that SA program is a mandatory with Tapshic.. If you think that I made a mistake to don't repeat it clearly in my response to him, no problem.

But I don't see anywhere that I assume Tapshic will help anyone for 6 months without anything else ?! I said that making a Tapshic for suddenly 6 months is "a stupidity"...

I shared my program of last year if it can help some people : [guardyoureyes.com/forum/1-Break-Free/318391-Falling-just-after-one-year-clean#318524](http://guardyoureyes.com/forum/1-Break-Free/318391-Falling-just-after-one-year-clean#318524)

Please don't forget that my english isn't perfect, I can do mistakes.

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Re: Falling frequency grewed the last weeks...  
Posted by David26fr - 11 Aug 2017 15:28

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[botty wrote on 11 Aug 2017 09:21:](#)

whats this partnership thing? how it works? can this help? how can i find a partner?

Take a look here : [guardyoureyes.com/tools/partner-program](http://guardyoureyes.com/tools/partner-program)

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Re: Falling frequency grewed the last weeks...  
~~Be kind please~~  
Posted by don't give up - 13 Aug 2017 23:11

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But I think, on a person with a low level addiction, Tapshic is a good help. A good help only if it is used with others tools of SA/GYE : 12 steps, live meeting, forum, partnership, even therapy...

The 12 Steps of S.A. is not another technique to control the addiction.

the 12 steps are a group of principles, that when practiced as a way of life, lets a power greater than one's self to enter and expel the obsession to lust.

WWhen I gave up my right to entertain lust, and surrender the temptation to my HP - asking Him to take it from me, I don't fight it - and I surrender all fear, resentments and self centred ambitions, and try to be of maximum service to others - G-D comes in arrived the obsession.

have you followed the steps precisely as described in the Big Book?

It worked for me and I'll be glad to guide you.

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Re: Falling frequency grewed the last weeks...

Posted by dms1234 - 14 Aug 2017 19:32

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Do you know that there is a Hebrew forum too? They have really good sobriety there, perhaps you would feel more comfortable there as you are Israeli.

Therapy could help but most of the time they only deal with underlying issues and not lust so i wouldnt suggest only therapy.

Tapsic hasnt worked for me and thats all about negative sobriety (not lusting) and most of us have more issues than just lust. Also for someone that hasnt been able to stop on their willpower, this probably wont work as this is just an extra motivation (ie more will power). I couldnt stop on my own even if i had a knass or a reward in place

For me, I am in SA and thank God, is seems to be the right fit for me. In my experience SA targets the issues that I need both lust and character defects, provides friendship and a loving, caring God. And yes, it has helped my yidishkeit.

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