

what's your idea for a taphsic k'noss??

Posted by Tzvi - 07 Nov 2010 18:26

Could you please help me. I need ideas for a knoss that's not too hard to keep but is still enough

for a preventive.

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Re: what's your idea for a taphsic k'noss??

Posted by Jooboy - 07 Nov 2010 18:30

How about, every time you slip you promise yourself to work another one of the 12 Steps? or at least read it in the White Book?

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Re: what's your idea for a taphsic k'noss??

Posted by ZemirosShabbos - 07 Nov 2010 19:08

hi Tzvi,

not to take away from Jooboy's excellent suggestion, just to add some more ideas.

learn 1, 2, 3 or more perakim of mishnayos

say x amount of kapitlech tehilim

give x amount of money to tzedaka

jog x amount of miles

do x amount of push-ups

wash the floor/vacuum some rooms

learn x amount of pages from a sefer

visit a hospital and talk to x amount of people there

partial day fast

volunteer to do deliveries or packaging for Tomchie Shabbos

all the best

ZS

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Re: what's your idea for a taphsic k'noss??

Posted by briut - 07 Nov 2010 20:00

ZS: Some nice suggestions. However, for ME there are a couple in that list that I would find bothersome, because they involve active performance of a mitzvah -- I will pack Tomchei Shabbos, etc -- and I think the knass should NOT be about "balancing the scales" of aveirah with mitzvah.

Not "I'll DO something good if I've done something bad." It's not a tikkun, it's a knass. At that moment of sin, you don't have the ZCHUS to be packing food for others. It's all about something that will scare you off in advance from sin, and hopefully performing a mitzvah does not fit into that category. So IMHO...

Money to tzedakah -- okay -- not much more than writing a check.

Push-ups -- okay, physically distressing.

Calling your Rav -- great, totally emotionally humiliating (what a force!).

Write out 100 times, "My bris is holy" -- okay, a good reminder.

Or, most powerful of all, "Give generously to GYE, so that YOUR fall might help OTHERS in their recovery."

Just one person's thoughts -- your mileage may vary.

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Re: what's your idea for a taphsic k'noss??
Posted by Tzvi - 07 Nov 2010 21:17

Thank you for your ideas. I have to think into them to see which one would probably work the best for me. It would take me a long time to come up with so many possibilities, so thank you!

Please post more ideas. I need all the ideas i can get.

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Re: what's your idea for a taphsic k'noss??
Posted by Kedusha - 07 Nov 2010 21:38

Recite Tehillim 119.

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Re: what's your idea for a taphsic k'noss??
Posted by ZemirosShabbos - 08 Nov 2010 19:00

[Briut wrote on 07 Nov 2010 20:00:](#)

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briut, i agree that the mitzvos mentioned in the list should not be done as a way of balancing the scales or as a tikun per se.

it was only meant to be a deterrent, if these type of actions are not the type of things that are done usually or easily. if, for whatever reason, this person absolutely loves to pack stuff for Tomchei Shabbos, then obviously this is not his deterrent. for someone who is busy and doesn't want to be bothered packing stuff for someone else then this might be his type of deterrent. every person needs to know what would work for him. different strokes for different folks. for Obama it might mean talking without a teleprompter, for Palin it might mean not looking over her backyard at Russia.

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Re: what's your idea for a taphsic k'noss??

Posted by the.guard - 08 Nov 2010 19:39

i suggest getting yourself a partner (or two), with whom you share telephone numbers with (either on Duvid Chaim's call, or by PM'ing someone you trust on the forum). Then, make a

shavuah - for a week - that if you act-out without speaking to your partner first, you will have to do something very hard, like a 3 mile walk, 100 push-ups, or a painful amount of money donated to GYE.

This is a great idea, because you are not swearing not to act out. You simply have to call someone first. And you'll be amazed to find that when you call someone and tell them about your lust, it will often quickly fade...

(Even the thought that you have to call first, will often make the obsession disappear).

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Re: what's your idea for a taphsic k'noss??

Posted by Kedusha - 08 Nov 2010 19:51

[guardureyes wrote on 08 Nov 2010 19:39:](#)

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GYE - Guard Your Eyes

Generated: 27 August, 2025, 21:55

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That sounds like a great idea. Guard's home phone number is . . .

Re: what's your idea for a taphsic k'noss??

Posted by Me3 - 08 Nov 2010 19:54

I write nice things about kedusha as a k'nas. If things are really going down hill I write nice things about Guard.

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Re: what's your idea for a taphsic k'noss??

Posted by bardichev - 08 Nov 2010 20:03

when did kedusha become tho official punching bag of gue?

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Re: what's your idea for a taphsic k'noss??

Posted by Kedusha - 08 Nov 2010 21:07

[bardichev wrote on 08 Nov 2010 20:03:](#)

when did kedusha become tho official punching bag of gue?

And Bards' home phone number is . . . what's the number of "dial a joke" again? ;D

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Re: what's your idea for a taphsic k'noss??

Posted by Kedusha - 08 Nov 2010 21:08

[bardichev wrote on 08 Nov 2010 20:03:](#)

when did kedusha become tho official punching bag of gue?

He never did.

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Re: what's your idea for a taphsic k'noss??

Posted by Me3 - 08 Nov 2010 21:33

Who asked you?

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Re: what's your idea for a taphsic k'noss??

Posted by bardichev - 08 Nov 2010 21:40

i have no home # i live in a truck

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