

Still chugging

Posted by Issac - 10 Jan 2019 21:55

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Hi,

I'm married with 2 kids and been struggling since bochurhood. Mainly with internet, phone lines and Ho"z. I've tried to stop many times and thought that "oh now I've got it" only to be quickly let down. It got very demoralizing

when I came here I saw so many other people who go up and downhill but keep on chugging. I tried the Taphsic method a few months ago but it didn't work. Now I'm trying the 90 day chart.

I'm not sure what will stick but it makes tons more doable when it's with other people

You guys are awesome!

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Re: Still chugging

Posted by Thistimeillwin - 10 Jan 2019 22:28

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[Issac wrote on 10 Jan 2019 21:55:](#)

I've tried to stop many times and thought that "oh now I've got it" only to be quickly let down.

NEVER EVER think that 'now I got it.' If you are thinking that, check your pulse and verify that you are still with us.

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Re: Still chugging

Posted by ColinColin - 10 Jan 2019 23:02

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Shalom Isaac

Yes, as Thistimeillwin wrote, never think " i got it"

Instead, remember your plan for each and every day.

If Taphsic did not work, then other methods can work.

Taphsic did not work for me either.

Because once I got into a "frenzy", no logic meant anything to me.

I am trying hourly reminders that I need to keep focussed, and do positive activities to keep my spirits high and my esteem high, to avoid emotional lows, to keep relatively calm.

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Re: Still chugging

Posted by gibbor120 - 15 Jan 2019 18:50

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I can totally relate. I was on the nefilah-kabbalah roller coaster for years. I'm not a big fan of the 90 day chart, at least not by itself. There's a lot of info in the handbook. If it's not working, it may be time to try something more, perhaps a bit out of your comfort zone. Check out the dov quotes link in my signature.

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Re: Still chugging

Posted by Hashem Help Me - 16 Jan 2019 05:11

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Welcome. It should be with hatzlocha. as you can see from the responses, we are here to help b'ezras Hashem.

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