

Did it worked for u?

Posted by ?? ??? - 30 Aug 2018 02:13

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i am struggling to find ppl who tried the TaPHSic method and were successful, all i read from ppl is that they tried it and failed, i wonder if there is anyone who was able to break free using a Neder, has anyone tried it and were successful? please share, thanks.

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Re: Did it worked for u?

Posted by Markz - 30 Aug 2018 02:51

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[?? ??? wrote on 30 Aug 2018 02:13:](#)

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In all seriousness - Taphsic has helped some, and I may be able to track one down for you...

Their struggle may be very different to yours. It's like comparing apples to oranges, or Taphsics to Chopstics.

So I suggest we first share some of our story and take it from there

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Re: Did it worked for u?

Posted by lionking - 30 Aug 2018 03:04

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Hi Welcome back,

It seems like you signed up 4 years ago.

What has worked for you?

Perhaps share a little more so that people can better advise.

Hatzlocha Rabba

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Re: Did it worked for u?

Posted by ?? ??? - 30 Aug 2018 03:05

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[Markz wrote on 30 Aug 2018 02:51:](#)

[?? ??? wrote on 30 Aug 2018 02:13:](#)

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if you can get me someone who is now clean for a long period, and used the tapshic method, i would really appreciate to listen to his story and how he did, and how it helped him.

thanks.

i like your humor, but what does it have with ?????

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Re: Did it worked for u?

Posted by ?? ??? - 30 Aug 2018 03:11

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[lionking wrote on 30 Aug 2018 03:04:](#)

Hi Welcome back,

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What has worked for you?

Perhaps share a little more so that people can better advise.

Hatzlocha Rabba

my story is in the yiddish forum, i am just looking for advice on how the TaPHSic method is being used by ppl who were successful, because as far as i have talked to ppl so far, all of them say they tried and failed, so i would like to know if it ever helped someone, otherwise why even advice other ppl for such method if there is no success on it.

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Re: Did it worked for u?

Posted by Markz - 30 Aug 2018 03:26

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???? Is a sweet guy and speaks your language

Check him out

[guardyoureyes.com/forum/profile/my-profile/userid-9534](http://guardyoureyes.com/forum/profile/my-profile/userid-9534)

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Re: Did it worked for u?

Posted by Gevura Shebyesod - 30 Aug 2018 03:42

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Taphsic is really intended as a stop-gap measure to help someone break the compulsive cycle of obsession and acting out. By itself it's not really a long-term solution. Perhaps look around on the site for ways that people have learned to live real life without the need for their "drug".

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Re: Did it worked for u?

Posted by mzl - 30 Aug 2018 09:20

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[?? ??? wrote on 30 Aug 2018 02:13:](#)

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You could break free using a neder, but with a lot of conditions. You see that from the halachos of nazir. But you have to figure out whether it's true in your case: you might be the kind that only needs the neder 30 days at a time, and the desire is no longer irresistible: done. Or you might be the lifelong nazir type. If you had to keep your neder for a lifetime, would you consider that "breaking free"?

It won't work unless you are physically afraid of Hashem's retaliation. If you try, you break your neder, and nothing bad happens to your wife or kids, you need another method.

And of course the neder proposed on this web site tries to be "safe", which means it's not the end of the world if you break it. I think that's why you can't find a lot of people raving about it.

If you really wanted to use a neder that works you'd need a neder that you would "confess and regret asap" as soon as you look at or think about a trigger, all day long. It would work but only a madman would try it.

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Re: Did it worked for u?

Posted by cordnoy - 30 Aug 2018 10:38

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It has worked for many on this site and it also has not worked for many.

You might need a lot of persistence and strength and perhaps a lower level of addiction. Who knows?

Godspeed and welcome

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Re: Did it worked for u?

Posted by stillgoing - 30 Aug 2018 14:00

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[Gevura Shebyesod wrote on 30 Aug 2018 03:42:](#)

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That can probably be said of (almost?) all methods. True sobriety (usually?) comes from a combination of different methods and a desire and will to make real change. - said the guy who's still going at it.

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