

GYE - Guard Your Eyes

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TaPHSiC Method mess!

Posted by Lovely Jew - 18 Jul 2017 16:30

i made the TaPHSiC method for 90 days- but the way it was structured is that it's only going into effect once i'm deliberately watching pornography longer than 10 seconds. it worked for a while but after some time i started watching for 10 seconds and than looked away and watching for another 10 second...

?now i got OCD! if i wasn't watching by mistake longer than 10 seconds - or if the SHAVOA that i made is really not going into effect in a way that i'm watching and looking away and continue watching again.

i decided to ask my Rov to be ????? ?? ??? - as you understand i couldn't tell them the whole truth because i was too shy- and he start blaming me for playing with such things as a SHAVOA. and than he said he not sure if he can be ????? ?? ??? because its a ????? ????? ?????.

can some please please help me. i'm feeling sick thinking I've maybe been ????? ?? ????? which is scary indeed.

thank you

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Re: TaPHSiC Method mess!

Posted by Singularity - 20 Jul 2017 09:06

[Workingguy wrote on 20 Jul 2017 08:18:](#)

Serenity,

I guess that what you are saying is ?????? ?????? ??? ?????.

We already swore our allegiance to him at Mount Sinai so it doesn't really make sense to be worried about another oath if we already have one. That having been said, although I am not a fan of this method because I myself got in trouble like this guy did 15 years ago, let's give him a fuzziier welcome. I don't think serenity was debating whether we had an allegiance to Hashem or not. He's just saying we have more of an allegiance to lust. I thought he was saying that how can we be worried about swearing falsely because that's a sin, if the whole idea of looking at porn and masturbation is a sin?

I think we should leave it up to the *mechaber*

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Re: TaPHSiC Method mess!
Posted by Lovely Jew - 20 Jul 2017 10:17

[serenity wrote on 19 Jul 2017 02:14:](#)

You're watching pornography and your "feeling sick" and scared that maybe you've been ????
?? ????? !? You're breaking an oath to who, may I ask? To the God that is sitting next you crying while you reject Him and seek your comfort in pornography?

I want to be very clear. I'm not judging you at all. I've done the same and worse. I'm only trying to point out to you and to others that the oath you made is nonsense. You worship pornography and no oath to Hashem is going to help you, apparently. Pornography is where you turn for your solace and comfort and to fill the emptiness inside. I know that's where I went for comfort for over 30 years.

Stop watching pornography and you won't have to worry breaking any oaths.

you're right in your point but not not in fact - pornography is one sin thing and being ???? ??
???? is another..!

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Re: TaPHSiC Method mess!
Posted by Lovely Jew - 20 Jul 2017 10:25

[serenity wrote on 20 Jul 2017 00:23:](#)

Thanks. I didn't notice that Lovely Jew is a new comer. My intentions were not to hurt anyone. I'm not saying not to worry about an oath. An oath is very serious business. I'm saying is that maybe we need a different relationship with God before an oath is going to stop us from acting out and maybe we need to realize how serious lust is for many of us. If we truly have a sickness then an oath isn't going to help us. Would you take an oath to stop eating peanuts if you knew you had a peanut allergy? O course not. And for us guys that gave up a lot for yiddishkeit but can't manage to give up lust, maybe we need to get real treatment for a disease.

true - but the Taphsic method is something that GYE strongly suggest. i would never take that on my own.

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Re: TaPHSiC Method mess!
Posted by Markz - 20 Jul 2017 12:56

[Lovely Jew wrote on 20 Jul 2017 10:25:](#)

[serenity wrote on 20 Jul 2017 00:23:](#)

Thanks. I didn't notice that Lovely Jew is a new comer. My intentions were not to hurt anyone. I'm not saying not to worry about an oath. An oath is very serious business. I'm saying is that maybe we need a different relationship with God before an oath is going to stop us from acting out and maybe we need to realize how serious lust is for many of us. If we truly have a sickness then an oath isn't going to help us. Would you take an oath to stop eating peanuts if you knew you had a peanut allergy? O course not. And for us guys that gave up a lot for yiddishkeit but

can't manage to give up lust, maybe we need to get real treatment for a disease.

true - but the Taphsic method is something that GYE strongly suggest. i would never take that on my own.

Maybe we should ask GYE to tone down the suggestion

Heres another case in point, and not the first, where people swear aliegance to Chinese food **because** it's promoted as such a cure it all, when I'm waiting for **any** real stats from gye how powerful is Tapsic as a stand alone tool

I believe it does help some but my guess is that it's a very small percent

Taphsic is built on the premise of "When under a lust attack swear it off". IMHO For most of us even non addicts, that's not the greatest break-free tool...

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Re: TaPHSiC Method mess!
Posted by serenity - 20 Jul 2017 18:17

Yes, thank you. I understand that now.

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Re: TaPHSiC Method mess!
Posted by serenity - 20 Jul 2017 19:10

MarkZ asked me to say how I stay sober. For me it's very simple. I put my sobriety before everything else in my life, because I don't have anything without it. I don't have a God in my life to even make an oath to when I'm acting out. My God is a loving, caring, tolerant, patient and accepting god. He is a Father to me when I need direction and when I'm sick and suffering he is right there with me cradling me in His arms like my mother held me as a baby. When I'm acting out in my sickness and my insanity he is right there with me, I just don't realize it. You don't have to believe a guy like me for any of this just take a look in kuntres umayain that teaches that no person will sin unless a ruach shtus enters his mind and that's talking about a regular

person! How much more so for a sick person like me! If a person felt that Hashem is right there with him and all he has to do is fall in his arms and surrender why would he turn to porn for comfort. If you're thinking because the porn is offering actual physical comfort right now and not theoretical vision of bliss then you are proving my point.

?Not everyone's mind works the same and the mind of an addict is sick. We turn to the very source of our problems and discomfort for comfort. But where does all this stem from? It stems from our character defects and fear. For me it stems greatly from my ego and fear. So if you give me a religion that feeds ego gratification for success and employs fear to prevent transgression, then that religion is feeding right into my addict mind and I will turn elsewhere for comfort. If you can't relate to this then you should probably never listen to another word I say.

?I was talking to my sister the other day and I told her that I don't go to shul to find God. I go to shul because I found God. I found God in the struggles of human beings and in human fragility. I found God when I was brought to a place of surrender and the realization that I'm powerless over life. A religion that teaches me that I have power is too much for an addict like me to handle. I've had more blessings and seen more good in my life by just surrendering and doing nothing than I have ever seen when I run on self will and control. An oath, my friends, for me is all about my power. It's the exact opposite of what I need as an addict. To me an oath implies that I have the power over lust and that God is distant from me. If I make an oath to a distant God who will reward me for keeping it and punish me for breaking it that is just feeding into my ego and fear.

Now you may say, but isn't that what Torah teaches, so how can it not work for you. I would say back that first off all there are many drachim to Torah and secondly I'm a sick person and I need medical help and recovery. And if I have diabetes I don't look to Torah for the treatment. It just so happens that Torah offers me a lot of help in my disease but I need a guide to what is healthy for me and what isn't and that guide is the 12 steps and my sponsor.

So Mark, the answer is that I put sobriety first (or I try to). It is the most important thing to me and without it I have nothing and with it I have everything that God wants to have. And without sobriety no one has me.

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