

Starting today...

Posted by thehopeful123321 - 23 Jan 2017 22:29

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Hi, I have finished installing the filters on all of my devices. I have been "clean" for a while now. Since I installed the filters on my first devices, about a month. However, I am very frustrated that my addiction to Internet things has found other ways to sustain itself in the form of youtube videos, online reading, and audiobooks. Non of these is explicit in anyway, some online news, some videos about gadgets, and nice science fiction novel. But the end result has been that I have lost much time to these occupations and so it is as if I have replaced one addiction with another, time-wise. And so, I am starting my chart count as of today and I will do my very best to avoid those other things as well that take away from my time.

Good luck to everyone.

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Re: Starting today...

Posted by thehopeful123321 - 23 Mar 2017 01:31

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[lhavenostrength wrote on 17 Mar 2017 18:08:](#)

Perhaps try the pomodoro technique. It's worked for me. It was created by a man when he was a college student. He used it with success for his studying.

[en.m.wikipedia.org/wiki/Pomodoro\\_Technique](http://en.m.wikipedia.org/wiki/Pomodoro_Technique)

Perhaps try to see the learning as interesting and a privilege. Alternatively if it's really dull, you can think of yourself as a real bad a\*\* for doing it. That might motivate you.

Thinking of myself as great because I am tackling something is awesome. I Like that. I'll also check out the pomodoro technique right now.

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