

We Got This - My 90 Day Diary

Posted by startinganew18 - 14 Jun 2019 02:50

Insanity is doing the same thing over and over again expecting different results. Since I am not insane, every time I fall, I have to try something new. This time, it's writing publicly about my 90 day journey on this forum.

Today I am ending Day 2 of my journey. I fell on Monday night (Motzei Chag) and Tuesday morning as a continuation of that binge.

I have identified the triggers - I was feeling sad about myself, about my body image. I felt fat and had a bad workout session after the holiday and I felt hopeless about my personal fitness and health goals. That is a classic trigger to fall for me.

The trigger led to a fall because there was an opportunity in my filter situation - I have my internet basically turn off on my computer around 11pm, which is when I usually try to go to sleep, and usually after that time I would fall in the past. However, that filter was turned off on my phone from the week before, because I was out late and needed to use the Uber app to get home, and I never turned it back on. So I used my phone to look up stuff to make me feel better. I can't even remember the rationale in my head that led me there. It never makes sense afterwards anyway. But I've fixed that loophole - I've now set the filter to just block the browser on my phone, but to allow the apps I would potentially need, so that I won't have to turn it off.

Yet, the Covenant Eyes system caught my behavior. This morning, I was charged \$100 for the fall. This I hope will be the incentive and motivation to not use that avenue to look things up again. I will get caught. And I will pay for it.

So I'm feeling optimistic about the future. I was at Day 28 before Monday's fall. Last time I got to Day 50. I think I can do it. I'll keep you (Diary?) updated

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Re: We Got This - My 90 Day Diary

Posted by Hashem Help Me - 18 Jul 2019 22:37

Starting anew that was a great post. Stay connected and b'ezras Hashem you will get out of this. You sound like a very healthy thinking person and realize that you are not a rasha or loser because of past actions. What defines you is your true ratzon to get better.

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