

Going to 90 on Night Shifts...

Posted by roadto90 - 28 Nov 2023 17:30

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So I've just started overnight shifts I can't get out of (military), and in a relatively sleepy town this leaves me with many hours alone in my room on our days off. Getting off work anywhere from 5-6 AM, so I find it much much harder to deal with urges when I'm isolated and left to my own devices so much more than is usual for a human being.

However, I think this just means a victory would be even sweeter and it's even more important to get these tendencies under control now. Don't want to have full nights alone to just wallow in sin all night. Years ago I was able to get 30 days in a row as my longest streak. Recently I've been able to do as much as 10-12, but now I want the full 90 for neural reset. I'll be checking in here for accountabilities' sake.

Wish me luck everyone!

\*Day one as of today.

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Re: Going to 90 on Night Shifts...

Posted by cordnoy - 28 Nov 2023 17:35

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[roadto90 wrote on 28 Nov 2023 17:30:](#)

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Welcome

Thank you for your service.

What's the plan for tonight?

#BringEmHomeNow

#FAFO

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Re: Going to 90 on Night Shifts...  
Posted by tp1 - 28 Nov 2023 17:48

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Welcome!!

have you thought about doing a course or some other form of activity that forces you to fill up that time.

back when I was doing boring work on an unfiltered work computer for hours I would fill up my time by doing college courses which forced me to not waste time going down the rabbit hole.

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Re: Going to 90 on Night Shifts...  
Posted by roadto90 - 29 Nov 2023 08:17

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I opted for the same strategy last time we were on the rotation, for 9 credit hours in 8 weeks but burned myself out pretty bad on top of the workload. Getting addicted to a few series on e-book has been a much less stressful way to kill time this week for me. Hopefully that turns out to be a good plan, keeps the mind occupied at least.

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Re: Going to 90 on Night Shifts...

Posted by roadto90 - 29 Nov 2023 08:19

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Day one complete and behind me! Day two now... I think today was made a little bit more easy than usual for the 12 hour sleep schedule adjustment, I was too tired to think about temptations. But I'll take victories however they come to get to that 90 day neural reset! Day two now...

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