

Nothing to lose

Posted by notezy - 24 Jan 2024 15:01

Nothing to lose by starting the 90 day challenge.

the challenges i see before me:

The sturggle to get off my devices.

staying positive and not falling into the trap of skipping steps.

finding ways to interact more with people in the real world.

I have struggled with this for many years I have tried different tools and I see what a differences it makes in my life when I am clean I might as well start.

=====

=====

Re: Nothing to lose

Posted by notezy - 17 Mar 2024 17:37

I thought about audio exercises at the time like urge surfing and the YH responses was your only prolonging the inevitable. I felt a great pressure that wouldn't go away till I gave in and an overwhelming sense of dread... now after giving in that was replaced with self-doubt and feelings of worthlessness.

As for talking to someone I can't remember if I checked but I am pretty sure No one was online on here...

Not sure if that's enough the problem feels deeper but maybe I am just making excuses.

I really don't think that will have an effect on the feelings of prolonging the inevitable accept to do so a bit.

=====

=====

Re: Nothing to lose

Posted by b00mb00m2 - 17 Mar 2024 18:04

i keep on seeing posts about the 90 day program, but I dont know where to find it. can someone help me out

=====

Re: Nothing to lose

Posted by davidt - 17 Mar 2024 18:05

[b00mb00m2 wrote on 17 Mar 2024 18:04:](#)

i keep on seeing posts about the 90 day program, but I dont know where to find it. can someone help me out

guardyoureyes.com/tools/90-day-chart

does this answer your question or you're looking for something else?

=====

Re: Nothing to lose - Update 35.1

Posted by yitzchokm - 17 Mar 2024 18:49

[notezy wrote on 17 Mar 2024 14:06:](#)

I had a fall today,

and part of it was that self fulfilling prophecy above.

I see it almost as a precursor, I see the signs.

But I dont know what to do.

I don't think it had so much to do with overwhelming myself with stuff "to do" **but I got on overwhelming feeling of: I couldn't handle "it" (being the pressure of staying clean).**

YH attacks me from 2 angles the doubts and also the "give in you had a good run" pat yourself on the back and restart.

I recently posted the Maharal who writes that the truth is that the Y"H is much weaker than us but he tricks us into believing that we will be overpowered by him which leads to a fall. He writes that we are like a bird sitting high up on the tree and the Y"H is like a predator on the ground. There is no way he can reach us but he frightens us and then we fall off the tree out of fear that he will attack us. Once we are on the ground he wins over us.

I guess, next time don't listen to his arguments and try Urge Surfing instead. It worked for me very well and it will probably be the same for you. It works wonders.

=====

Re: Nothing to lose - Update 36
Posted by notezy - 18 Mar 2024 11:25

Day 1

when I look at my chart I can see an upward trejectory starting from around when I started posting about this challenge.

it used to be falls almost every other day 3 day streaks were long for me but across the last few months. 3 days is low for me.

I guess going longer means less falls per month even though I fell yesterday its still an upward trejectory.

=====

Re: Nothing to lose
Posted by funbuchur - 18 Mar 2024 16:41

Incredible!

=====

====

Re: Nothing to lose - Update 36
Posted by redfaced - 18 Mar 2024 17:01

[notezy wrote on 18 Mar 2024 11:25:](#)

Day 1

when I look at my chart I can see an upward trejectory starting from around when I started posting about this challenge.

it used to be falls almost every other day 3 day streaks were long for me but across the last few months. 3 days is low for me.

I guess going longer means less falls per month even though I fell yesterday its still an upward trejectory.

What's great is that you realize it's not your falls that define you - its the fact that you are slowly growing into the person you want to be.

What's bad is that you're lucky you didn't post this in the Grouchery - I dont see how that could have ended well for anybody

=====

====

Re: Nothing to lose - Update 36
Posted by notezy - 18 Mar 2024 18:27

Finished chapter 19 of the TBOTG today.

=====

====

Re: Nothing to lose - Update 36.1

Posted by notezy - 18 Mar 2024 18:28

Finished chapter 19 of the TBOTG today.

=====

=====

Re: Nothing to lose - Update 37

Posted by notezy - 19 Mar 2024 06:53

Start of day 2: tonight I got a friend's wedding which can be a risk but I know this going in so I am prepared mentally for the fight.

=====

=====

Re: Nothing to lose

Posted by proudyungerman - 19 Mar 2024 10:40

What about practically? Is there anything you can do to minimize the risk/challenge?

=====

=====

Re: Nothing to lose

Posted by notezy - 19 Mar 2024 13:19

Well ya practically comes when I am there which is to stay on the right side of the mechitzah and not look the other way.

is their anything I am missing here?

=====

=====

Re: Nothing to lose

Posted by chooseurname - 19 Mar 2024 14:12

Well ya practically comes when I am there which is to stay on the right side of the mechitzah and not look the other way.

is their anything I am missing here?Pack a sefer (or a game, whatever works) for dead time when you might be more tempted. For example, the "wait for the chassan and kallah to mosy down to the chuppa" dead time when you're just sitting there and there's no mechitza. Great time to say some tehillim instead of spacing out and watching the women.

Pick where you sit carefully. Don't hang out and schmooze in places which are easier to slip into lusting. It's basic biology that a woman dancing will catch your eye - set it up so you won't be in place to see that.

=====

=====

Re: Nothing to lose

Posted by cande - 19 Mar 2024 14:42

[chooseurname wrote on 19 Mar 2024 14:12:](#)

Pack a sefer (or a game, whatever works) for dead time when you might be more tempted. For example, the "wait for the chassan and kallah to mosy down to the chuppa" dead time when you're just sitting there and there's no mechitza. Great time to say some tehillim instead of spacing out and watching the women.

Pick where you sit carefully. Don't hang out and schmooze in places which are easier to slip into lusting. It's basic biology that a woman dancing will catch your eye - set it up so you won't be in place to see that.

in short, stay home!

=====

=====