

Nothing to lose

Posted by notezy - 24 Jan 2024 15:01

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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.

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Re: Nothing to lose - Update 38

Posted by notezy - 20 Mar 2024 07:21

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Start day 3.

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Re: Nothing to lose - Update 38.1

Posted by notezy - 20 Mar 2024 18:01

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Tonight got a little harder then usual so I am just riding out the clock.

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Re: Nothing to lose - Update 39

Posted by notezy - 21 Mar 2024 08:21

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Cruising into day 4.

I hope everyone has any easy fast.

I wanted to note i missed reading TBOTG last night it was a big chapter.

Just last time I fell i skipped it a few days so i dont want to make the same mistake of getting out of the mindset.

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Re: Nothing to lose - Update 39

Posted by notezy - 22 Mar 2024 08:38

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I ended day 4 with a fall however it was only in shmiras anyim and I stopped myself before anything else and it was a real struggle going to sleep with the thought but I managed and now I am here day 1 starting over.

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Re: Nothing to lose - Update 40

Posted by notezy - 24 Mar 2024 20:54

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Ending day 3

so much prituzus in my area on purim but I didn't look as much as I could. Kept busy had a great purim getting to bed now. Goodnight.

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Re: Nothing to lose - Update 41

Posted by notezy - 25 Mar 2024 17:18

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Day 4 its been hard the beginning of today I think because I was surrounded with people complaining about the pritzus around them yesterday and it made me feel a bit to comfortable in the struggle.

I eneded up working all day so I didn't have to worry so much about it till now.

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Re: Nothing to lose - Update 41

Posted by chooseurname - 25 Mar 2024 18:24

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Yeah, sometimes people protest too much and it's really just an opportunity to chazer over.

Focus on yesterday's win and try to move on.

Keep on trucking!

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Re: Nothing to lose - Update 42

Posted by notezy - 26 Mar 2024 06:41

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Found a hole in the wall and Fell 2 times I am going to block it now

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Re: Nothing to lose - Update 42

Posted by notezy - 26 Mar 2024 19:27

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Despite the fall this morning and last night I had a great day and ready for the fight tommrow and got some chizuk from HHM and I patched the hole and looking to add a new fence in the future...

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Re: Nothing to lose - Update 43

Posted by notezy - 27 Mar 2024 07:27

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Day 1

New start.

I hope to make this the one.

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Re: Nothing to lose  
Posted by hechochma - 27 Mar 2024 18:31

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Me and you brotha. Let's do this!

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Re: Nothing to lose - Update 44  
Posted by notezy - 28 Mar 2024 06:40

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Day 2

no longer a new start I feel so old now...

Still hope to make this the one.

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Re: Nothing to lose  
Posted by chaimoigen - 28 Mar 2024 22:33

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Youth is overrated, friend.

Now that you're feeling older and more experienced, what do you know that you didn't used to know that can help you in this journey?

Here's a hug,

Chaim

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Re: Nothing to lose - update 45

Posted by notezy - 29 Mar 2024 12:35

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Day 3 went to bed late last night I

now I am juat feeling tired.

And i got some slight urges but not going to give Into them..

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