

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.

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Re: Nothing to lose - update 45.1

Posted by chooseurname - 29 Mar 2024 17:44

[notezy wrote on 29 Mar 2024 15:18:](#)

About to be shabbos....

I read TBOTG ttoday finished chapter 21 anyways see you all at the tail end of day 4

Have a restful shabbos.

Keep on cargo boating!

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Re: Nothing to lose - Update 46

Posted by notezy - 30 Mar 2024 17:51

Motzi Shabbos day 4

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Re: Nothing to lose - Update 47
Posted by notezy - 31 Mar 2024 06:35

Day 5

Late start to the day.

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Re: Nothing to lose - Update 47.1
Posted by notezy - 31 Mar 2024 13:38

Half way through day 5 nervous of what's to come. If I can handle it.

Still my plan was to make this time count.

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Re: Nothing to lose - Update 47.2
Posted by notezy - 31 Mar 2024 13:40

Note: I have been taking the same steps I have been up untill now. nothings changed but the amount of days I have under my belt right now.

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Re: Nothing to lose - Update 47.3
Posted by notezy - 31 Mar 2024 18:32

Smh, I am great at giving other people the advice I could probably use more then them.

Patience and presevernce it will get worse this is easier and a place to practice being happy with simplicity if I can't handle a small number it will just get worse with big numbers and a number doesn't matter that much anyways....

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Re: Nothing to lose - Update 47.4
Posted by notezy - 31 Mar 2024 20:05

I got in touch with another of the older guys via phone tonight.

Ending day 5 on a good/strong note.

Goodnight.

put off reading the book to many times today didn't have time.

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Re: Nothing to lose - Update 47.4
Posted by notezy - 31 Mar 2024 20:06

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Ending day 5 on a good/strong note.

goodnight.

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Re: Nothing to lose - Update 47.4
Posted by proudyungerman - 01 Apr 2024 03:18

[notezy wrote on 31 Mar 2024 20:05:](#)

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That's awesome! Can you share a little bit about the experience? How was the conversation?
How did you feel after? Would you do it again?

Also, did they have any advice that you found helpful/inspirational?

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Re: Nothing to lose - Update 47.4
Posted by notezy - 01 Apr 2024 05:34

[proudyungerman wrote on 01 Apr 2024 03:18:](#)

[notezy wrote on 31 Mar 2024 20:05:](#)

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That's awesome! Can you share a little bit about the experience? How was the conversation?
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Not the first one I got in touch with.

We really didn't talk about much. I just kept putting off calling him when he gave me his number on the chat.

I decided to finally call him just to get to know him for future reference.

Although something I could give you as a takeaway from what he said was. It helps to have **community**.

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Re: Nothing to lose - Update 48

Posted by notezy - 01 Apr 2024 05:36

Day 6

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Re: Nothing to lose - Update 48

Posted by notezy - 01 Apr 2024 05:37

Day 6

I already know today is hectic so the risk for me today will be a battle when I am exhausted from the day.

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Re: Nothing to lose - Update 48.1

Posted by notezy - 01 Apr 2024 11:52

Half way through the day I made it sound worse then it has been so far. trying to brace myself for an impact that might not come.

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Re: Nothing to lose

Posted by chaimoigen - 01 Apr 2024 14:29

Keep going!

you can muster up the strength and **desire** to be clean for today. That's all you need to do, and you can do it!!

One day at a time.

Hang tight,

Chaim

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