

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

Posted by notezy - 01 Apr 2024 20:48

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End of day 6

talked with HHM this afternoon just a check in. Moving forward trying to keep in mind the advice I gave to others as it starts to get more exciting trying to have patience and not let the nerves make me uncomfortable.

Anyways overall good day.

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Re: Nothing to lose - Update 49

Posted by notezy - 02 Apr 2024 05:31

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Day 7 good morning

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Re: Nothing to lose - Update 49.1

Posted by notezy - 02 Apr 2024 10:11

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Today while reading TBOTG I came across my favorite word Sublimation although it was saying not to do it in this case anyways I thought I would try out putting my thoughts on the chapters here instead of my journal. Thoughts on chapter 22: Main take away was don't let our desire for success get subverted and turned into a desire for honor. We need to maintain a feeling of success or we start to subconsciously looking for ways to make ourselves feel better (e.g. chasing honor).?when he refers to honor he is talking about looking good in others eyes something superficial and not real.

everyone has a desire to be great and we must harness it in the right way and for the good.

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Re: Nothing to lose - Update 49.2

Posted by notezy - 02 Apr 2024 16:51

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The wait is frustrating.

back at work having issues with were I can look and now being more "alert" as the streak gets longer the images last longer in my head even if I don't want them to is their anything I can do but be patient?

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Re: Nothing to lose - Update 49.3

Posted by notezy - 02 Apr 2024 16:54

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As time goes on I feel like I am wasting away and don't feel like I am achieving anything despite knowing that's not true.

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Re: Nothing to lose - Update 49.3

Posted by chooseurname - 02 Apr 2024 17:02

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As time goes on I feel like I am wasting away and don't feel like I am achieving anything despite knowing that's not true. Maybe set a little reward up for when you hit ten days? Just as a token reminder to yourself that you've done something worth rewarding?

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Re: Nothing to lose - Update 49.3  
Posted by notezy - 02 Apr 2024 18:11

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[chooseurname wrote on 02 Apr 2024 17:02:](#)

As time goes on I feel like I am wasting away and don't feel like I am achieving anything despite knowing that's not true. Maybe set a little reward up for when you hit ten days? Just as a token reminder to yourself that you've done something worth rewarding?

Not a bad idea, any suggestions?

I am bad at this stuff.

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Re: Nothing to lose - Update 49.3  
Posted by cande - 02 Apr 2024 18:24

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[notezy wrote on 02 Apr 2024 18:11:](#)

[chooseurname wrote on 02 Apr 2024 17:02:](#)

As time goes on I feel like I am wasting away and don't feel like I am achieving anything despite knowing that's not true. Maybe set a little reward up for when you hit ten days? Just as a token reminder to yourself that you've done something worth rewarding?

Not a bad idea, any suggestions?

I am bad at this stuff.

sky diving is great.

ill come with you.

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Re: Nothing to lose - Update 50

Posted by notezy - 02 Apr 2024 21:54

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Its passed 12PM which means 1 week down day 8

looking to improve like I said I want to make this one count.

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Re: Nothing to lose

Posted by chaimoigen - 03 Apr 2024 00:17

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This one **does** count. Already.

Greater awareness and sensitivity in the streets is a symptom of change.

Realizing that the fall you are afraid of is not inevitable- at least not **today** - is something that you are **experiencing**. And that's real, even though it's notezy!

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Re: Nothing to lose - Update 51

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Posted by notezy - 03 Apr 2024 06:22

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Good morning day 8

first wet dream. I don't think I am going to write down all of them here but just wanted to note that it happend and I expect more to come now that I am more clean. Nothing I did to cause it.

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Re: Nothing to lose - Update 51

Posted by eerie - 03 Apr 2024 17:18

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[notezy wrote on 03 Apr 2024 06:22:](#)

Good morning day 8

first wet dream. I don't think I am going to write down all of them here but just wanted to note that it happend and I expect more to come now that I am more clean. **Nothing I did to cause it.**

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Re: Nothing to lose - Update 51.1

Posted by notezy - 03 Apr 2024 17:54

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Just finished chapter 23 of the book. So summary:

nothing really stood out to me he was just building off what he said last chapter and reinforcing it.

Be proud of the victories.

it's worth more in G/D's eyes because you are struggling and that means more effort.

and get excited about what you can accomplish...

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Re: Nothing to lose - Update 52

Posted by notezy - 04 Apr 2024 04:48

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Day 9

I notice as I get my life together the battle becomes easier.

The two are connected for me.

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