

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 52.1

Posted by notezy - 04 Apr 2024 10:47

Struggling a bit today.

Lack of sleep, allergies and end of zman just messing with my head.

I job I had fell through so I got to figure out what I am doing to keep myself busy next week but I have a lead...

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Re: Nothing to lose - Update 52.2

Posted by notezy - 04 Apr 2024 11:11

Just a thought I had:

By feeding feelings of guilt (after a fall), you let yourself get away with more wrong through nihilism!

It's like giving the Yetzer hara the rope with which to hang yourself from!

And something my chavrusah said that goes well with it:

My chavrusah told me there is a saying: "Drivers go where they look."

In NASCAR, even during a spinout. When a driver loses control and starts spinning, their natural instinct might be to look towards the wall they're sliding towards. However, this can worsen the spin. But by forcing their eyes towards the direction they want the car to recover to, the driver can regain some control and potentially straighten out the car faster. This can be an analogy for life and this battle. We go in the direction we focus on!

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Re: Nothing to lose - Update 52.3
Posted by notezy - 04 Apr 2024 13:58

Urges passed I want to say without a problem but it was a bit bumpy still they passed.

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Re: Nothing to lose - Update 52.4 1/2
Posted by notezy - 04 Apr 2024 21:44

It's past 12:00 which means I am in the double digits Day 10

I had a good talk with HHM about the urges I had today signing off for tonight.

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Re: Nothing to lose
Posted by vibrantchosisid - 04 Apr 2024 21:48

Wow, that's great!

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Re: Nothing to lose - Update 53
Posted by notezy - 07 Apr 2024 03:38

Start of day 12

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Re: Nothing to lose - Update 54
Posted by notezy - 07 Apr 2024 18:44

Near end of day 12

I tried out a diffrent job now that it's bein hazmanim (still doing the old one as well for now). Anyways this new one has a lot of physical labor and I think being exhausted like this is contributing to more urges I am handling it but I wanted to make a note I am more worried right now about the YH lowering my defenses and coming in later after the decent down the slippery slope...

TLDR: noting possible causes and staying vigilant to urges.

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Re: Nothing to lose - Update 54
Posted by notezy - 07 Apr 2024 20:45

Signing off for tonight day 12

i am going back to do thst job tomorrow i am worried ill use this doubt as an excuse to give but the real issue is i am putting of preparing myself mentally for the fight with excuses I am to busy or distracting myself...

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Re: Nothing to lose
Posted by frank.lee - 07 Apr 2024 21:20

Hatzlacha! I think that physical labor can be very healthy for you, be an outlet so you should

have less urges BEH.

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Re: Nothing to lose

Posted by chaimoigen - 07 Apr 2024 23:38

Keep trucking!

Why do you think it is that exhaustion leads to urges for you? Does the exhaustion lead to urges, or does it lead to having less energy to resist them ? Or something else?

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Re: Nothing to lose

Posted by notezy - 08 Apr 2024 04:12

I think exhaustion leads to both urges for the fact I feel like I have worked hard and deserve a release even if it's not kosher and I may have set a precedent in the past as well as I have less energy.

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Re: Nothing to lose - Update 55

Posted by notezy - 08 Apr 2024 04:15

Day 13

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Re: Nothing to lose - Update 56

Posted by notezy - 08 Apr 2024 21:02

Day 13 ending.

tookk a few minutes more for reflection today and also went to a shiur on dating and I feel a lot

more clear headed and focused on staying clean. I wanted to not ei have been still reading TBOTG but I am just in a big chapter so I am reading it in chunks... anyways good Day and good night

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Re: Nothing to lose - Update 57

Posted by notezy - 09 Apr 2024 04:41

Today is Day 14

2 weeks

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