

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 - Update 57

Posted by chooseurname - 09 Apr 2024 13:13

Amazing. Keep on crushing it!

=====

Re: Nothing to lose - Update 57.1

Posted by notezy - 09 Apr 2024 20:01

Signing off day 14.

tommrow and the day after will be a bit different I will have more free time since I won't be working in the morning/afternoon but I do have a decent amount of things to do and that are planned to keep me busy. But it will be the first day that feels more like vacation.

Probably... I guess I will find out...

Just noting possible upcoming challenges.

=====

=====

Re: Nothing to lose - Update 58
Posted by notezy - 10 Apr 2024 06:14

Good morning Day 15.

=====

Re: Nothing to lose - Update 58.1
Posted by notezy - 10 Apr 2024 19:18

Ending the day. felt like I didn't do much productively.

that bein hazmanim lazyniss hit hard today but I stayed clean. And kept somewhat busy.

=====

Re: Nothing to lose - Update 59
Posted by notezy - 11 Apr 2024 05:53

Day 16

=====

Re: Nothing to lose - Update 59.1
Posted by notezy - 11 Apr 2024 10:09

An uptick in false confidence because I looked back at the days and see I am close to where I fell on the 18th day the first time thinking about the numbers to much now comparing and contrasting what it means to much.

it doesnt make me happier with my accomplishments just makes me think I haven't done enough. Like it will never be enough leads to jealousy.

Arrogance that I got this far and that it means something.

I see a pit that I might have fallen into last time let's side step this mistake.

I have made excuses for not reading the book TBOTG missing davning with a minyan and skipping learning to waste time and veg out over the last few days I have what to work on to better myself and Fortify for this battle.

=====

Re: Nothing to lose - Update 59.2

Posted by notezy - 11 Apr 2024 16:46

Davend mincha with a minyan and made some progress in TBOTG today.

worked on figuring out this switching jobs thing a bit more... i did other stuff dont want to say everything just that i worked on correcting my direction today I didn't achive it and part of the goal Is consistency in it all but a little step each day.

=====

Re: Nothing to lose - Update 60

Posted by notezy - 12 Apr 2024 05:33

Day 17 I had a slip last night

I am not sure what lead to it but I stopped myself.

=====

Re: Nothing to lose

Posted by chaimoigen - 12 Apr 2024 05:59

Keep strong!

it's probably worth thinking about what led to slip. Understanding triggers is good...

You have what it takes to stay clean today (tomorrow?). To WANT to.

Keep going! There is no inevitable fall waiting in the shadows. ODAAT!

=====

=====

Re: Nothing to lose

Posted by notezy - 12 Apr 2024 06:04

It was after work, after I showed and was ready for bed, on my phone before going to bed but thats every night... I was a bit stressed thinking about the next day but I don't think that was it.

I am going to think on it more because I am not sure.

=====

=====

Re: Nothing to lose

Posted by chaimoigen - 12 Apr 2024 06:09

[notezy wrote on 12 Apr 2024 06:04:](#)

It was after work, after I showed and was ready for bed, on my phone before going to bed but thats every night... I was a bit stressed thinking about the next day but I don't think that was it.

I am going to think on it more because I am not sure.

Some times it's a very specific kind of stress or negative feeling ...

=====

=====

Re: Nothing to lose

Posted by notezy - 12 Apr 2024 10:04

Still having urges today I feel like they came from nowhere

=====

=====

Re: Nothing to lose

Posted by notezy - 12 Apr 2024 14:13

Still struggling, I am waiting out the clock... shabbos which I stay clean on... not sure how to deal with this urge because I don't know where it's coming from.

=====

=====

Re: Nothing to lose - Update 60.1

Posted by notezy - 12 Apr 2024 14:49

Okay I gave it some more thought I think I figured it out:

I was stressing because I felt like I had to make a choice that night about a job the thing is I have two not super great options that will interfere with my Yeshivah morning schedule and I have to decide sooner rather than later which 1 I am going to do and get back to someone and that was being thought about Thursday night but by the time I was going to bed it wasn't so much on my mind anymore... but it was probably subconsciously affecting me and still is.

I feel a little better after calling it out but i still need to work to get out of the hole of the urges now.

=====

=====