

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 61

Posted by notezy - 13 Apr 2024 17:29

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To answer your questions:

Wish I did but not really.

Anyways I just wanted to follow up after shabbos. I believe today is day 18. I'll have to double check still a bit stressed about the job thing but thats old news because I got a new/old bigger

I don't want to elaborate on here but let's just say pasech time doesn't make it easier. Oh well Gam zu litovah.

F%&# me.

at least I know the urges will be coming this time.

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Re: Nothing to lose - Update 61.1

Posted by notezy - 13 Apr 2024 20:12

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When it rains, it pours.

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Re: Nothing to lose - Update 61

Posted by vibrantchosisid - 14 Apr 2024 03:30

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[notezy wrote on 13 Apr 2024 17:29:](#)

To answer your questions:

Wish I did but not really.

Anyways I just wanted to follow up after shabbos. I believe today is day 18. I'll have to double check still a bit stressed about the job thing but thats old news because I got a new/old bigger

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F%&# me.

at least I know the urges will be coming this time.

I could relate,I also have some pesach family challenges I got to deal with

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Re: Nothing to lose - Update 62

Posted by notezy - 14 Apr 2024 04:43

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Day 19 I crossed the place I was the first attempt at 90 days

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Re: Nothing to lose - Update 62.1  
Posted by notezy - 14 Apr 2024 10:16

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Having some urges at work today I think I leveled up in stress last night didnt know i can go that high anyways I think this is just residuals and also from talking to someone but I think it will pass without incident.

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Re: Nothing to lose - Update 62.2  
Posted by notezy - 14 Apr 2024 18:05

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Struggling again going to bed now.

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Re: Nothing to lose - Update 62.2  
Posted by notezy - 14 Apr 2024 18:31

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I had a fall.

it was a combination of the stress the uncertainty of not knowing what to do about it. Then I got off early from work by like 3 hours

And was procrastinating and avoiding my troubles on my phone. Then I crossed a line and gave in. F\*\*\*\*\* S\*\*\*.

First was outrage at myself over a F\*\*\*\*\* 3h off from work. Is that all it took.

but I cant be to hard on myself I made it a good distance again. Their was more I could have done their always is....

Definitely wasn't worth it.

degraded myself. I am not sure if I should celebrate that i made it to 18 1/2 days or not.

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Re: Nothing to lose - Update 62.3  
Posted by notezy - 14 Apr 2024 18:43

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I didn't read TBOTG in a while.

I didn't do hisupodeduce in a while either or learn any of the other torah stuff that probably would helped me hold on.

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Re: Nothing to lose - Update 62.4  
Posted by notezy - 14 Apr 2024 19:44

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AVE fell again.

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Re: Nothing to lose - Update 62.4  
Posted by chooseurname - 14 Apr 2024 22:07

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Dude 18 and a half days is truly amazing. Do not focus on how easy the fall happened, focus on the over 2 weeks of kedusha you built.

Seeing you fight, I have no doubt you can dust yourself off and carry on with a clean week till pesach.

Bein hazmanim is tough, and it sounds like you prepared yourself properly and are dealing with it quite well.

KOT

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Re: Nothing to lose - Update 62.4  
Posted by Hashem Help Me - 15 Apr 2024 01:10

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You definitely should celebrate

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Re: Nothing to lose

Posted by vibrantchosisid - 15 Apr 2024 01:22

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I agree you should celebrate that got 18 days! Me personally I get more motivation to take the right actions from people who are clean for a little time than the people with so much time, since I could relate more, so thanks for being an inspiration for me! Keep up the good work!!

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Re: Nothing to lose - Update 63

Posted by notezy - 15 Apr 2024 04:09

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Okay, thanks for the encouragement.

Start of day 1.

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Re: Nothing to lose - Update 63.1

Posted by notezy - 15 Apr 2024 05:34

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I again had some more AVE this morning but I didn't give in.

I found this recording on lionfree's 90day challenge applicable and helpful to me. <http://guardyoureyes.com/GYEFiles /MP3s/Dov/Dov%20to%20Bochur %20News-story.mp3>

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