

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 62.2

Posted by chaimoigen - 15 Apr 2024 13:13

[notezy wrote on 14 Apr 2024 18:31:](#)

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.

Hey, Here's a hug.

The fury in this post shows that the 18 and a half days have created change and growth. That part of you that is mad, **feels** that it wasn't worth it, and knows that you crossed a line that you did not have to. That part of yourself is **still here**, it's **you** and will help you get further.

Keep going. Onwards and upward.

This is the month of Cheirus, and you are tasting some. Sometimes it takes a few rounds of Maakos and a sea to split, doesn't happen all at once. After all, it's not easy. But you are on the road and are a fighter, a dreamer, and climber.

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Re: Nothing to lose - Update 63.1
Posted by notezy - 15 Apr 2024 14:32

A.V.E. from the Flight to freedom program Abstinence Violation Effect

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Re: Nothing to lose - Update 63.2
Posted by notezy - 15 Apr 2024 16:09

I worked out the family issues so I have a lot less stress now.

pasech is still coming and the job thing still needs figuring out but that's manageable.

mid afternoon day 1:

Still feeling urges when I see people on the street working on letting go without keeping it in my mind and not giving myself stress in the process

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Re: Nothing to lose - Update 64

Posted by notezy - 16 Apr 2024 04:37

Day 2

back on the right path

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Re: Nothing to lose - Update 64. 1

Posted by notezy - 16 Apr 2024 05:55

Finished chapter 24 of TBOTG today.

it's a long but good chapter.

i dont really feel like writing a summary about it.

he covers: Ambition and avoiding arrogance.

Talks about how we are all in it together as the Jewish nation.

And how we must have ambition but avoid arrogance. We can't do this without hashems help we shouldn't compare ourselves to others because their is no equating if they are a holy person like a rabbi they might not have challenges like you do you might be acquiring more merit then them for this area so you might be getting more reward for this battle despite it seeming like you fail all the time and they dont.

but even so because you dont know each person's nisyon you shouldn't compare. And this goes the same for people below you so you shouldn't become arrogant.

My own thoughts: we must feel like we are achieving something in order to put in effort often we try taking shortcuts to this by comparing ourselves with others and either putting them down or saying they don't have as big a nisyon as me.

I find this to be very infective and generally leads to a sense of disappointment with one's lot for one reason or another.

I Think this is because we are viewing the world through the lense of their is not enough to go around a lack of abundance if you will.

And the positive alternative is to make a point to yourself that this isint true. And when you try to focus on yourself and what you can achieve without comparing you see you have all you need.

This lack of abundance mindset can be attributed to a lack of faith or bitachon. Which is a battle with YH in its own right.

Anyways I think I am rambling and I can see my adhd coming out as I get off topic... and I got to go to work so I am going to end it here.

I guess I did have in me to write thst summary

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Re: Nothing to lose - Update 64. 1
Posted by eerie - 16 Apr 2024 16:44

Hey Notezy! It's great that you did the great thing of just getting back on track! Don't let anyone tell you that you're less or not worthy! You got to 18 days, and beH you'll keep soaring! Be proud if yourself, my friend. Don't even think about the fall. Just think about how amazing you are, the amazing work your doing, and keep trucking!

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Re: Nothing to lose - Update 64. 2
Posted by notezy - 16 Apr 2024 18:54

Why thank you eerie. I am sorry to report but I fell again as I was going to bed tonight. So I'll start over tommrow.

I think the cause was a lack of focus and clarity my mind has been a mess the last few days and I have been avoiding sorting that mess out and just consuming media to drown out the noise of it all and so as I tried to fall asleep tonight I couldn't really drown it out anymore with media so a

fell to looking at things i shouldn't.

Again quite disappointed with myself. I don't feel 100% right now.

Be'h ill use this fall as a spring board to sort myself out tommrow.

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Re: Nothing to lose - Update 64. 3
Posted by notezy - 16 Apr 2024 18:58

I also wanted to add that image filter I have been meaning to get would probably come in handy
it's a shame that the TAG in my area will only be open after pasech

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Re: Nothing to lose - Update 64. 3
Posted by chooseurname - 16 Apr 2024 20:27

Not a great excuse. So temporarily install a different filter yourself. TAG being closed is the YH
trying to get you to procrastinate.

Is it just your phone that's been tripping you up recently? Can you switch to whitelist filter - just
for the week until pesach to put you back on your feet? Commit to not bringing your phone into
your bedroom for a week?

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Re: Nothing to lose - Update 64. 3
Posted by notezy - 17 Apr 2024 04:50

No I have 2 filter already (1 web chaver) (2 is a parental control tool) I was just thinking of
getting a 3rd thing as an extra precautions. My hasn't been tripping me up so much although
this would just be another fence for a section.

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Re: Nothing to lose - Update 65
Posted by notezy - 17 Apr 2024 05:30

Day 1

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Re: Nothing to lose - Update 65.1
Posted by notezy - 17 Apr 2024 09:09

Continuing to struggle today

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Re: Nothing to lose
Posted by vibrantchosisid - 17 Apr 2024 14:00

Hope you have an easy day!

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Re: Nothing to lose - Update 66
Posted by notezy - 18 Apr 2024 05:01

I had a fall again last night.

this fight is exhausting and I am sick and tired of failing.

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