

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 70.1

Posted by notezy - 28 Apr 2024 10:26

Mid Day 2

Over correction: 5AM Shachris at the Kotel

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Re: Nothing to lose - Update 71

Posted by notezy - 28 Apr 2024 10:26

Mid Day 2

Over correction: 5AM Shachris at the Kotel

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Re: Nothing to lose

Posted by chaimoigen - 28 Apr 2024 11:32

Hang in there.

I think it may be good to try exploring this **before** you're in the situation of lust. Try to visualize how you will feel and what will be your motivations, what do you really **want?** Examining the desires and visualising how you can respond differently, and visualize about how now you **want to respond differently**. Think about what patters have led you to feel that acting out is inevitable in certain situations, and if you really feel it still has to be that way, given what you want **today**. Creating pictures of how you want to act before you're there can help later, in the situation, if you try to tap into them.

And during, it helps to remember that most urges won't last more than half an hour.... And that you'll feel really good if you overcome...

Wish I was at the Kosel. Have us in mind, friend.

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Re: Nothing to lose - Update 71

Posted by notezy - 28 Apr 2024 12:43

Gah had a fall

a combenation of urges from aatalking with people and then going from stressed about having to help someone to then having free time when they didn't need me in the end going on my phone and down a rabbit hole.

I read what you said and will try these things if i remember next time going to mainly try and sit with thoughts remind myself thry will pass in a hour and to be patience this isn't what I want despite what I say I feel.

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Re: Nothing to lose - Update 71

Posted by notezy - 30 Apr 2024 06:57

Was clean a day and then another fall

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Re: Nothing to lose - Update 71

Posted by notezy - 30 Apr 2024 06:58

Was clean a day and then another fall. I need to setup this new lock tool but have to get the other 1 removed... waiting for the guy who has the password to be available... I still got the covenant eyes as a backup filter

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Re: Nothing to lose - Update 72

Posted by notezy - 01 May 2024 20:09

I feel again tonight... I feel like I haven't really been updating on here.

I have the ability to set the new restrictions now I just got set up the new system.

Been glued to my phone all day it's an issue constantly listening to something not really thinking about fighting.. I want to...

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Re: Nothing to lose - Update 73

Posted by notezy - 02 May 2024 17:12

Day 1

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Re: Nothing to lose - Update 74

Posted by notezy - 04 May 2024 17:35

End of day 3

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Re: Nothing to lose - Update 75
Posted by notezy - 05 May 2024 09:31

Mid day 4 I had a fall but I see I am starting to pull myself out of it I need to talk to someone but keep missing the time to call because of timezones.

I think what i need to do is take a break from media in general I am not living right. I just don't know if I have the strength to do it.

To quit all media this "entertain me" mindset is at the root of my problem. Distracting myself I shut of my brain or numb the thinking and then I fall.

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Re: Nothing to lose - Update 75
Posted by adam2014 - 05 May 2024 11:35

I think you are spot-on about the "Entertain me" mindset. There are so many people in this world who are unable to spend any time "alone" with themselves. We are trained to be unable to be bored, even for a few moments. I have found a way to help break that cycle. It has helped me in many ways.

Obviously, I do not know you personally, so I don't know where you are right now. What I did was leave my home, either take a walk or a drive and put myself into a social situation WITHOUT any form of communication with you.

You might start by walking 15 minutes out your front door to a coffee shop, getting a coffee, and walking back. Then, continue to stretch the time and physical distance of these "challenges." Initially, you may feel a lot of anxiety about not having your electronic leash with you, but at a certain point (and for me, it came very quickly), that anxiety will transform into "freedom," and you will feel a sense of calm and peace from being away from your devices.

You may have a million excuses for not doing this. "What if my wife needs me? What if

something happens to the kids, What if work calls, What if I get hurt etc..... Don't fall into this trap.

Tell your wife or loved ones where you are going and an approximate time you will return. I am not suggesting going off the grid for a month. Just go grocery shopping without your phone or take a jog around the neighborhood. Just create separation between you and your devices.

I mentioned adding physical distance as well as time. There is a power of taking a ride or the subway to a place that you are not familiar with. The feeling of freedom explodes when you are forced to find your way around without having the crutch of Google in your pocket. Finding something to eat in a town or neighborhood you don't know can uncover hidden gems that you may never have found, or you will have a terrible meal but a funny story to tell people later on.

I found this method by accident. I was running late for a meeting, and I left my phone at home and didn't have time to turn around. I had to drive to the meeting about an hour from my home. When the meeting was over, my first thought was to run home as quickly as possible and get my phone. Instead, something came over me and told me to slow down, grab some lunch, and check out this new town that I may never go to again. It was incredible; the town was nothing special, but the time I spent alone was magical. My heart rate slowed, my mind was at ease, and I sat in a cafe with just my coffee and my thoughts. I thought about God, sports, the weather, the people walking by... a little bit of everything. If I had my phone, I would have just sat there scrolling something bad or reading emails, or just spending that special time with a soul-less device.

Spending time away from technology has become a central part of my recovery. I could not suggest it any stronger.

Give it a chance! What do you have to lose? except for some stress and anxiety

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Re: Nothing to lose - Update 75

Posted by notezy - 05 May 2024 12:48

Thanks Adam I am going to try this in my own way....

on top of that i set up this new plan with my app locking tool i am going to try blocking spotify and youtube / and the browser on my phone in genral...

I have stayed off it since I talked about it being an issue went out and did errands. Without music and podcast to drown on the noise.. felt different i have to give the controls of the app locking tool to my rabbi because it's under a temporary password so I could set up all the filter rules but I am thinking to block spotify and youtube to see how long I can go without the distraction and mind numbing... I am debating if I should get 24six (for those that dont knew what it is its basically jewish spotify)

But I am not sure if Its worth using as crutch to get off the other forms of media or to quit everything altogether. And just stoping using my devices for that stuff...

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Re: Nothing to lose - Update 75.1

Posted by notezy - 05 May 2024 14:50

Talked with HHM he doesn't think 24six is a good idea because I can still use it as a mind num-
ber...

For right now I am not going to get it but I am still on the fence about it.

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Re: Nothing to lose - Update 75

Posted by vehkam - 05 May 2024 23:48

[notezy wrote on 05 May 2024 12:48:](#)

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I definitely recommend 24/6. You can binge on rabbi kalish....

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