

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 81

Posted by notezy - 13 May 2024 04:24

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Didnt go on youtube yesterday stayed clean.

Starting day 2.

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Re: Nothing to lose - Update 81.5

Posted by notezy - 13 May 2024 08:11

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I got the youtube block set from Covenant eyes password locked by my rabbi for my laptop.

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Re: Nothing to lose - Update 82

Posted by notezy - 14 May 2024 05:36

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Starting day 3 yesterday was a bit hard lot of stress but I just ended up going to bed early.

no urges so it worked.

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Re: Nothing to lose - Update 82

Posted by notezy - 14 May 2024 19:37

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Ending day 3.

Pretty good day overall didnt think much about wanting to go on youtube was to busy in a good way.

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Re: Nothing to lose - Update 83

Posted by notezy - 15 May 2024 05:52

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Day 4

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Re: Nothing to lose - Update 83

Posted by notezy - 15 May 2024 12:10

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I got 24six today.

Slowly building up my plan.

I am debating if I should set it up with usage or time of day limits right off the bat or wait and see how much I use it.

I am open to opinions.

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Re: Nothing to lose - Update 83

Posted by notezy - 15 May 2024 12:11

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I got 24six today.

Slowly buidling up my plan.

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Re: Nothing to lose - Update 83

Posted by chooseurname - 15 May 2024 13:23

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[notezy wrote on 15 May 2024 12:10:](#)

I got 24six today.

Slowly building up my plan.

I am debating if I should set it up with usage or time of day limits right off the bat or wait and see how much I use it.

I am open to opinions.

It's probably a good idea for you to not be on your phone bchlal at like 2 a.m. So I'd suggest loose time of day limits.

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Re: Nothing to lose - Update 83

Posted by notezy - 15 May 2024 14:58

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Ya as a bare minimum I set the limit as 11:30 PM - 6:00 AM

Down time

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Re: Nothing to lose - Update 83.5  
Posted by notezy - 15 May 2024 18:00

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Getting out of that job I complained about a while back. Today I gave them 14 days notice.

the new work environment I am going to should be better for the battle anyways.

thought I would share some good news.

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Re: Nothing to lose - Update 84  
Posted by notezy - 16 May 2024 05:03

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Day 5.

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Re: Nothing to lose - Update 84.5  
Posted by notezy - 16 May 2024 10:24

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Mid day I feel it's getting harder.

Why does this bother me so much every time. I know it's coming and it's what I signed up for but it makes me so uneasy.

Once i make all these sacrifices i expect to have an easier time or what was it all for then i get strong urge a few days in and I feel what was all that effort in quitting youtube and spotify for if the urges still come this strong unprompted. We'll if I am being honest their was a trigger earlier today but I moved on past it.

Why dont i ever get a chance to rest in this fight.

Re: Nothing to lose - Update 84.5

Posted by frank.lee - 16 May 2024 11:38

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Sorry to hear.

How long have you been fighting this with GYE on your side?

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Re: Nothing to lose - Update 84.5

Posted by notezy - 16 May 2024 11:51

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I thinks it's still under a year but it might be a little bit over a year by now I am not sure

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