

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 14

Posted by notezy - 13 Feb 2024 13:50

I had another fall today I think I am going to take a break from posting on here for a bit I will be back.

open to hear peoples advice.

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Re: Nothing to lose

Posted by yitzchokm - 13 Feb 2024 16:54

You may need to fortify your strategy and you may also need to reach out to people privately. Have you realized the situations, thoughts and emotions that precede your falls? Do you see a pattern? Are you addressing it? Also, are you taking the Flight to Freedom course and reading The Battle of the Generation? If you are doing all of the above it might keep you afloat until you return to the forum.

I left the forum for a few months because I was addicted to it. I found it very useful to journal instead of posting and share my journal with my psychologist until I was able to return to the forum but it was only because I also had people from GYE who reached out to me occasionally that I succeeded. If you reach out to people very often privately you might not have anything more than that to gain from journaling.

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Re: Nothing to lose

Posted by notezy - 13 Feb 2024 19:31

I am still talking to people privately and I journal.

I haven't been doing the f2f program as much as I would like to be.

trying to read the battle of generation at night when I have time off at work...

Just want to sort myself out take a bit of time to reflect before I start again.. I might mess with some filter settings... I'll see.

I'll still be on here.

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Re: Nothing to lose

Posted by yitzchokm - 13 Feb 2024 22:55

If you are still falling from YouTube it is a great idea to change the filter settings. Life is generally much better, easier and healthier without it. Wishing you Hatzlacha on your journey.

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Re: Nothing to lose

Posted by Hashem Help Me - 14 Feb 2024 12:24

First thing is celebrate your 19 days... Secondly, tighten up the safety of your environment...

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Re: Nothing to lose - update 15
Posted by notezy - 15 Feb 2024 17:24

Day 2, I am continuing.

Still deciding how I am fortifying.

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Re: Nothing to lose - update 15
Posted by notezy - 16 Feb 2024 13:08

Almost didn't want to post about it but I had another fall today.

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Re: Nothing to lose - update 15
Posted by davidt - 16 Feb 2024 14:44

[notezy wrote on 16 Feb 2024 13:08:](#)

Almost didn't want to post about it but I had another fall today.

You deserve a compliment for the courage to post about the fall.

Do you have a plan going forward?

You might want to use the attached form to help you create a plan that can help you with recovery.

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Re: Nothing to lose - update 16
Posted by notezy - 17 Feb 2024 21:13

I was clean over shabbos I'll look into it tomorrow I can feel I am struggling a lot more now without the momentum

I also feel like it's a good idea to keep doing the F2F program however its so much information and strategies at once i dont feel like i have the time or its practical to fill out all these charts...

I am not sure if I shoushould continue or just watch it through and just do some of the exercises...

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Re: Nothing to lose - update 16

Posted by yitzchokm - 18 Feb 2024 04:25

[notezy wrote on 17 Feb 2024 21:13:](#)

I was clean over shabbos I'll look into it tomorrow I can feel I am struggling a lot more now without the momentum

I also feel like it's a good idea to keep doing the F2F program however its so much information and strategies at once i dont feel like i have the time or its practical to fill out all these charts...

I am not sure if I shoushould continue or just watch it through and just do some of the exercises...

I suggest that you go very slowly and do every exercise. The goal is change. This happens only through taking all the intermediary steps without skipping anything. If you just skid through the program you will be lacking the internal change necessary in order to heal. You will be making a siyum on the program but not on your struggles. If you can, I suggest that you even take notes and summarize every point in every lesson but definitely don't skip anything. Take your time and make yourself a schedule of going through only a few lessons a week if necessary. It will take you slightly longer to reach your goal but you will be standing on solid ground.

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Re: Nothing to lose - update 16

Posted by notezy - 18 Feb 2024 06:55

Okay then I think I will stick to finishing the book I am a 4th of the way through it and then I'll focus on the f2f program after.

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Re: Nothing to lose - update 17

Posted by notezy - 18 Feb 2024 23:01

Day 2 A3 Proud of myself took the day off for a friend's wedding stayed clean through out the day kept myself busy and mostly productive and I was also careful with where I looked at the wedding.

also did some hisupodeduce and read a chapter of the book today.

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Re: Nothing to lose - update 18

Posted by notezy - 19 Feb 2024 19:09

Day 3: Continuing the success I had a good day today, kept busy.

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Re: Nothing to lose - update 18

Posted by ??? ???? ???? ??? - 20 Feb 2024 01:39

[notezy wrote on 19 Feb 2024 19:09:](#)

Day 3: Continuing the success I had a good day today, kept busy.

Way to go, notezy!

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