

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 96

Posted by notezy - 29 May 2024 03:07

Day 2

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Re: Nothing to lose - Update 96

Posted by notezy - 29 May 2024 05:22

Urges today, they will pass.

I don't feel like I have to write about it every time anymore.

the only reason I wrote about this one was because it felt like i was at the choice point again and made a better decision to let go.

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Re: Nothing to lose - Update 96

Posted by notezy - 29 May 2024 05:40

Put inspiration into action, and it lasts longer.

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Re: Nothing to lose - Update 96

Posted by notezy - 29 May 2024 13:34

Alright after a long day of work (Manual labor) i find I have urges diffrent than this morning. This morning was "I saw somthing and moved on with my day" this is diffrent. I think after a hard day of work their is a feeling of I earned rest and relaxation and that prompts the urges. Seeing as I fell around this time last time this could have played a role in my last fall. Coupled with the openness of a new schedule.

My plan is to go to learn after work but I am still working out the schedule and wanted to note the urges.

edit: the feeling of i earned some relaxation coupled with the entertaining of the idea of an option to give in is what caused me to fall last time and I still feel it here now.

Looking for advice.

I know people say go for a jog break a sweat but I did that all dsy and don't fancy the idea of sweating more.

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Re: Nothing to lose - Update 96

Posted by gye365s - 29 May 2024 13:42

What, besides watching, recharges your battery? If you don't know, maybe time to try a few new things.

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Re: Nothing to lose - Update 96

Posted by chosemyshem - 29 May 2024 13:45

[notezy wrote on 29 May 2024 13:34:](#)

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Looking for advice.

I know people say go for a jog break a sweat but I did that all dsy and don't fancy the idea of sweating more.

So relax. What do you enjoy that's not p&m and/or a gateway to that?

A full day of hard work followed by a powerful night seder and exhaustedly crashing into bed is an amazing way to stay clean and out of all sorts of trouble. But it's totally fine to want to chill after work. You know what you enjoy and what types of activities you need to stay away from. I have full confidence that you can pick a good way of relaxing.

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Re: Nothing to lose - Update 96

Posted by notezy - 29 May 2024 15:01

I had another fall

I feel like I am in a new battleground I wasn't expecting this.

I have to recollect myself and make a new plan.

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Re: Nothing to lose - Update 96

Posted by gye365s - 29 May 2024 15:11

[notezy wrote on 29 May 2024 15:01:](#)

I had another fall

I feel like I am in a new battleground I wasn't expecting this.

I have to recollect myself and make a new plan.

That's hard brother. We're here for you and impressed you're already thinking about what you need to do. You'll get this!

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Re: Nothing to lose - Update 96

Posted by notezy - 30 May 2024 04:52

Fell again this morning.

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Re: Nothing to lose

Posted by funbuchur - 30 May 2024 17:48

??? ????? ?????? ?????? ???? ????????"They fall and stay down, but we rise up and overcome."

Keep it up we're with you

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Re: Nothing to lose - Update 97
Posted by notezy - 01 Jun 2024 18:34

Going to keep updating about falls but might not Update every day my progress I'll still be keeping track for myself...

going to play out the new week and see where I go for now that's my plan.

I stayed clean this shabbos and their were some challenges.

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Re: Nothing to lose - Update 97
Posted by notezy - 02 Jun 2024 04:13

Had a fall last night

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Re: Nothing to lose - Update 97
Posted by notezy - 02 Jun 2024 05:32

Finished chapter 26 of TBOTG.

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Re: Nothing to lose - Update 97
Posted by notezy - 02 Jun 2024 13:19

Today I will beat that battle I fell at last week simply because I know the battle is coming this time after work. And strengthening myself at this moment my will and desire to be greater then this test.

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