

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 99

Posted by notezy - 03 Jun 2024 15:48

I had a fall today.

I am tired of this i see that waiting for things to change isint working.

and again i am reminded by the fact that i hsvc spent many years on this battle and still continue to fail quite often i have used a lot of tools and now am cutting of media so the question is what's next and I don't know.

I know I was making a lot of progress up until this point and that change in my schedule through me off and I am now a bit depressed after falling like this.

I want to pick up the pieces and move forward I am not sure what to do.

What I really want is for my next attempt to be 30 days or beyond but I don't know what it will take I feel like their is only so much more I can do and starting to lose hope of making it to being long term clean if I have been working at it for so long without making progress

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Re: Nothing to lose - Update 99

Posted by notezy - 03 Jun 2024 15:54

My self asteem is in the trash my hope is on its way there too.

I am not happy with who I am and I am using this as a way to soothe myself which is only making the problem worse.

I don't see a way out.

when my self-esteem was in a better place i still was falling from time to time but not as much.

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Re: Nothing to lose - Update 99

Posted by gye365s - 03 Jun 2024 16:19

[notezy wrote on 03 Jun 2024 15:48:](#)

i hsve spent many years on this battle

I have been working at it for so long without making progress

My friend, if years of battling isn't progress then I don't know what is.

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Re: Nothing to lose - Update 99

Posted by chosemyshem - 03 Jun 2024 16:21

Hey.

Sorry to hear you're going through a rough patch. Your tenacity and drive to overcome this struggle is amazing.

How long have you been on GYE without making significant progress? If you've been trying the program for a significant amount of time without progress, maybe it's time to speak to someone at GYE about moving things up a notch. Perhaps with a 12 steps group, perhaps with therapy...

Sincerely,

Someone who also feels like they're not making progress and is therefore considering 12 steps.

KOSMT!

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Re: Nothing to lose - Update 99
Posted by chosemyshem - 03 Jun 2024 16:26

[gye365s wrote on 03 Jun 2024 16:19:](#)

[notezy wrote on 03 Jun 2024 15:48:](#)

i hsve spent many years on this battle

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My friend, if years of battling isn't progress then I don't know what is.

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Years of battling is not progress. It might be personal growth, it might demonstrate amazing grit, it may make Hashem very happy. But progress on some level is defined by external results.

Progress is also defined by internal growth. But that's very hard to measure, and just because someone is battling doesn't necessarily mean they are undergoing internal change. They may in fact be slamming their head into a brick wall for no growth and only pain.

Edit: I don't mean to disagree with the pump-up. Notezy is crushing it, and I'm sure he's downplaying the internal growth and external change because he's feeling down. I'm just disagreeing with the formulation of the pump-up.

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Re: Nothing to lose - Update 99

Posted by notezy - 03 Jun 2024 16:31

It's great to have many years of work under my belt but if I am stagnant at the bottom of the ladder with all this work under my belt in terms of length of time between falls and this is with me making it such a major focus of day to day life.

How can I focus on other things I don't want this to be what defines my day to day life I want to conquer this demon and keep him in a cage so I can live a life.

Part of this is me being bitter with myself for acting out I recognize that but these are also actual concerns.

Why can't I make better progress.

I know I shouldn't compare to others.

I am not satisfied with being told this might just be your main nisyon in life.

I honestly think I can't live a normal life without this under control it wouldn't be fair to my partner if I tried to get married like this that is a major factor why I won't accept the answer of its a nisyon for life.

And at my age I got what 2 maybe 5 years roughly to get my sh*t together to get married in a normal time frame. And I dont see that happening at the rate I am going.

Not to mention all the other problems this can cause in my life if I don't make progress in the area mentioned above

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Re: Nothing to lose - Update 99
Posted by notezy - 03 Jun 2024 16:33

[chosemyschem wrote on 03 Jun 2024 16:21:](#)

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Sincerely,

Someone who also feels like they're not making progress and is therefore considering 12 steps.

KOSMT!

Roughly 1 or 2 years its been longer if you don't count gye but the exact number is fuzy.

I haven't really considered this I don't know we're to start

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Re: Nothing to lose - Update 99

Posted by notezy - 03 Jun 2024 16:34

[chosemyshe wrote on 03 Jun 2024 16:26:](#)

[gye365s wrote on 03 Jun 2024 16:19:](#)

[notezy wrote on 03 Jun 2024 15:48:](#)

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Accurate

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Re: Nothing to lose

Posted by funbuchur - 03 Jun 2024 16:35

I feel your pain. Not one of the big machers here with answers to everything.

but I really do feel your pain. after a fall I have these feelings questioning if I'll ever beat it or how long will it take. All I know is I can't live a fulfilling good life with a happy family if I don't have this under control and as long as I'm here fighting and learning and trying. eventually the tide will turn.

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Re: Nothing to lose

Posted by notezy - 03 Jun 2024 16:38

[funbuchur wrote on 03 Jun 2024 16:35:](#)

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I appreciate the kind words.

the question is: is the tide turning in a reasonable and practical time frame? If not what will make it

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Re: Nothing to lose

Posted by notezy - 03 Jun 2024 16:39

[funbuchur wrote on 03 Jun 2024 16:35:](#)

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Re: Nothing to lose

Posted by notezy - 03 Jun 2024 16:42

If someone has info on this 12 step phone call thing and can give me the info who to contact.

I am intrested and have "nothing to lose"

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Re: Nothing to lose - Update 99

Posted by chancy - 03 Jun 2024 19:00

Hi Notezy,

I have something that will work IYH.

Please reach out to me in private.

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Re: Nothing to lose

Posted by retrych - 03 Jun 2024 19:36

i think a lot of people here also were working on this for years with no progress, then at one point it just kind of starts really going. You talked about cuttign off media, I always thought that

was impossible for me, never made any progress at all whatever i tried. I was so addicted i didnt bother with job training or learning to drive. And now i've go for weeks or months without it, minus a few falls.

I read once that lion tamers train the lions by letting them attack the whip. The lions think it's part of the tamer's body, and go right for it. When they see they can't hurt the whip, they give up. He's invincible. When all it would take is going at another angle.

You said you tried a bunch of tools. I dont really know what to suggest, but are these tools addressing the root of the problem? DO you feel liek you know where and why the slide down to a fall starts? As for cutting out media, maybe the difficulty you are having now is connected to the withdrawl? idk.

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