

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 100

Posted by notezy - 04 Jun 2024 20:24

End of Day 1

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Re: Nothing to lose - Update 100

Posted by notezy - 05 Jun 2024 04:39

Fall day 2 monrning

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Re: Nothing to lose - Update 100

Posted by notezy - 06 Jun 2024 12:20

Fall last night technically this morning

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Re: Nothing to lose

Posted by adam2014 - 07 Jun 2024 10:23

I have been away from a while and just caught up on this thread. Notezy, obviously, you are going through a rough patch (to say the least). If I could give you my two-cents on something you could try. I have to say that I have not mastered this problem myself and please take this advice as not coming from an expert, this has just help me in the past few months.

Stop counting the days. Make each an every day a singular event and celebrate each day. The days will add up and that is great, but just tell your self that I am going to be clean today, don't think about streaks or 90 day goals or anything other than staying clean today. The minute I stopped trying to build streaks, I saw the pressure subside, my mood get better and the amount of falls drastically decrease. I crawl into bed every night, celebrating the end of another successful day. It has been life-changing for me.

I don't know when the last time I fell, it was probably over a month ago?? not really sure, but in the past couple of months, I have had a LOT of amazing days!! and I am looking forward to another amazing day today.

Best of luck

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Re: Nothing to lose

Posted by notezy - 08 Jun 2024 20:13

Was clean on shabbos fell tonight

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Re: Nothing to lose

Posted by frank.lee - 08 Jun 2024 23:57

What can you do to take away, or diminish the ability for you to fall? Are you using internet? You can get or fix the filter?

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Re: Nothing to lose

Posted by BenHashemBH - 11 Jun 2024 12:35

Shalom Brother. I miss hearing from you and hope all is well.

Wishing you and everyone a beautiful Yom Tov.

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Re: Nothing to lose

Posted by notezy - 11 Jun 2024 14:23

Thanks you too.

update for today i am pulling back on counting the days got some chizuk from rabbis still trying to figure it out and make a new plan..

I kind of relapsed to using media via Twitter just looking up a bunch of random profiles of people I used to follow on youtube and scrolling. I just now decided to block the site.

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Re: Nothing to lose

Posted by notezy - 11 Jun 2024 14:43

Going through a rough patch and I don't feel like I have self control.

which I know to be untrue.

I am struggling to focus on what I want to be over what a mess I am.

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Re: Nothing to lose - Update 101

Posted by notezy - 13 Jun 2024 21:18

Guys I am still here just not posting as much because I don't have what to post about because I am not counting the days for now....

I havent spoken with any of the older guys from gye recently i ran out of patience for not getting through to people for right now...

(I didnt try calling everyone)

I feel very far from god right now this last week or so not sure why.

but its affecting my will to fight in life.

Struggling to push myself to do the hard stuff in learning and during dawning well I come out of it beating myself up for another prayer feeling reminded how far I feel like their is no connection between my and God no idea why and I can't seem to focus...

Anyway thats mmy thoughts for now good night

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Re: Nothing to lose - Update 101

Posted by BenHashemBH - 14 Jun 2024 03:09

I'm sorry to hear you're going through a really rough patch. Please reach out if you'd like to talk. Hope things start turning around for you soon Brother.

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Re: Nothing to lose - Update 101

Posted by notezy - 16 Jun 2024 05:23

Fell last night.

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Re: Nothing to lose - Update 101
Posted by notezy - 16 Jun 2024 12:35

I just now was on odyssey (a youtube alternative i went on last night just to distract myself didnt see anything bad) today I saw stuff inappropriate without searching for it in one of the trending tabs i almost gave in and then stopped myself and used that moment of strength to block their website domain with web chaver.

alright I am back to debating whether getting off youtbe was worth it from this side of the fence it often feels like it wasn't.. mainly because all the podcasts I wanted to listen I mean the Jewish ones aren't really easily findable or even in a place I can download them... anyways I think for now I am staying off. I still am struggling a lot it's the theme of my life right now but I just wanted to share one success I had today.

just for clarity i dont go on a lot of websites unless i am looking to distract myself. Rumble another youtube alternative i blocked when i blocked youtube i forgot about odysee untill recently till i blocked it now last week was Twitter. That's now blocked too...

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Re: Nothing to lose - Update 101
Posted by notezy - 16 Jun 2024 12:54

I had a fall afterwards.

its still progress.

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