

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 101

Posted by notezy - 16 Jun 2024 17:50

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I haven't been in a while

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Re: Nothing to lose - Update 101

Posted by redfaced - 16 Jun 2024 19:07

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[notezy wrote on 16 Jun 2024 17:50:](#)

I haven't been in a while

I don't mean to be mean, but if posting about your falls biweekly isn't helping, might be time to up your game. The help is there - sometimes you have to chase it in the beginning. I know you posted about not being able to reach some people that you wanted to, but you dont want to continue like this either. May be worth trying a time or 3 again to reach some of the Amazing GYE's here who can try to help you get to be the person you so badly want to be

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Re: Nothing to lose - Update 101  
Posted by notezy - 16 Jun 2024 20:19

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Lol irony is he sent me an email tonight asking me about something and then I called him to respond and finally got ahold of him. Do I talked with for a minute.

set out a new plan working on shmiras anyim on the phone anyways i need to call more people and get in contact with more fellows i know a few but it's really only like 2 or 3 that I ever call and really only 1 that I follow up with.

Anyways i am charting a new path in life in all areas i am trying to change more then my actions but my headspace so it will take time.

still not closing the door on 12 steps I still havent called dov yet..

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Re: Nothing to lose - Update 101  
Posted by horizon - 16 Jun 2024 23:03

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Hey brother, im sorry to hear of your struggles. i'ts cool to hear your strategies in overcoming the struggles and staying on top of your game.

it ain't too late to get in touch w new guys (in my opinion that is), if you feel like you can gain from reaching out, you can try me at [horizonstein@gmail.com](mailto:horizonstein@gmail.com)

there is light on the

horizon

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Re: Nothing to lose - Update 101  
Posted by Heeling - 17 Jun 2024 20:48

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Oh....

Friends are great.

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Re: Nothing to lose - Update 101  
Posted by notezy - 18 Jun 2024 05:37

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Weird off topic question but:

Someone recently recommended to me I try out yoga for health reasons.. does anyone know where I can find good instructional videos that are kosher preferably an app because I don't have youtube anymore...

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Re: Nothing to lose - Update 101  
Posted by chancy - 18 Jun 2024 15:02

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I did find one place online that has a male instructor. its called manflowyoga

[manflowyoga.com/](https://manflowyoga.com/)

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Re: Nothing to lose - Update 101  
Posted by BenHashemBH - 18 Jun 2024 15:14

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[chancy wrote on 18 Jun 2024 15:02:](#)

I did find one place online that has a male instructor. its called manflowyoga

[manflowyoga.com/](https://manflowyoga.com/)

I found the same one but am still waiting for my filter to approve the app so I could check it out further.

Update: From what I can see so far, all the videos are with the man. Whether or not women might appear in any of his videos . . . you'll have to be mindful. Hatzlacha!

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Re: Nothing to lose - Update 101  
Posted by notezy - 18 Jun 2024 16:50

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Okay I'll check it out thanks

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Re: Nothing to lose - Update 102  
Posted by notezy - 19 Jun 2024 04:40

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I had a fall this morning when I woke up

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Re: Nothing to lose - Update 102  
Posted by notezy - 19 Jun 2024 06:10

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But then I had a victory a bit later in a similar situation which makes me feel better that I could

rectify my mistakes in a sense. And before that I reminded myself that a fall doesn't devalue the success. And the emotional state matters... to continue the fight

I hope u have a wonderful day. U beautiful people.

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Re: Nothing to lose - Update 102  
Posted by notezy - 19 Jun 2024 16:53

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Fell this afternoon again.

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Re: Nothing to lose - Update 102  
Posted by notezy - 19 Jun 2024 18:15

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I think I am almost certain I would say I am but I don't like to deal in absolutes that my problem lies in the fact that the moment I get my life in order and believe I have it that feeling of u know where u are going and believe you can is what I lack and always worried I lacked the second I get that sh\*t in order I will have a real chance to make monumental success the self esteem that I lack is a symptom of this problem and always has been. There are also the social issues that need work but I consider that part of the road I need to travel to get to a point of believing I can succeed. The Cynicism is a symptom of it all as well. What I have failed to say concisely all this time is that these strategies haven't lead to long term success past a month or 2 of getting 5 and 10 days because there is that underlying problem. I don't think therapy will help me more than speaking to my rabbis who have given my guidance because the rabbis can help me in a more actionable way than a therapist for example helping me find a job. I am not saying I won't go to therapy after talking with my rabbi I think that will be reserved more for dealing more with issues from childhood before marriage.... so the one thing I am realizing once I get my life in order (which is a tall order) this will lead to a feeling of **I can achieve something of value** and that feeling has never really existed in my life since high-school... these are my reflections I had while talking to @eerie but I have had them a long time here is my way of expressing them

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Re: Nothing to lose - Update 103!  
Posted by notezy - 19 Jun 2024 18:15

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I think I am almost certain I would say I am but I don't like to deal in absolutes that my problem lies in the fact that the moment I get my life in order and believe I have it that feeling of u know where u are going and belive you can is what I lack and always worried I lacked the second I get that sh\*t in order I will have a real chance to make monumental success the self asteem that I lack is a symptom of this problem and always has been. Their are also the social issues that need work but I consider that part of the road I need to travel to get to a point of believing I can succeed. The Cynicism is a symptom of it all as well. What I have failed to say concisely all this time is that these strategies haven't lead to long term success past a month or 2 of getting 5 and 10 days because their is that underlying problem. I don't think tharpy will help me more then speaking to my rabbis who have given my guidance because the rabbis can help me in a more actionable way then a tharpist for example helping me find a job. I am not saying I won't go to tharpy after talking with my rabbi I think that will be reserved more for dealing more with issues from childhood before marrige.... so the one thing I am relizing once I get my life in order (which is a tall order ) this will lead to a feeling of **I can achive somthing of value** and that feeling has never really existed in my life since high-school... these are my reflection I had while talking to @eerie but I have had them a long time here is my way of expressing them

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