

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 104

Posted by vehkam - 27 Jun 2024 18:11

[notezy wrote on 27 Jun 2024 16:18:](#)

Another fall.

I'll look into it when i get a chance i dont know when that will be.

Email me if you want to talk

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Re: Nothing to lose - Update 104

Posted by notezy - 29 Jun 2024 20:46

And another fall tonight....

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Re: Nothing to lose

Posted by yiftach - 29 Jun 2024 21:33

You're quite the inspiration for someone that stands up and pulls themselves together after a fall.

Inspire us once again!

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Re: Nothing to lose - Update 105

Posted by notezy - 30 Jun 2024 20:14

Twitch is brain rot incarnate...

I was on all day watching other people play a game i used to be addicted to... anyways blocked that with web chaver as well as kick which is the only other thing I can think of that I would go to distract myself...

Anyways made some progress in my life tommrow should be easier accept I got to go to Jerusalem for a meeting but I think it will be okay. Debating if its worth going to the kotel again...

Anyways that's the update for tonight.

I want to get back in the groove again

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Re: Nothing to lose - Update 106

Posted by notezy - 01 Jul 2024 17:15

I got back still uncertainty in the air.

I did some F2F today made some progress been clean.

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Re: Nothing to lose - Update 106

Posted by notezy - 01 Jul 2024 19:45

Should I switch this thread to somewhere else because I am not counting days so much anymore still aiming at 90 days but...

not going anywhere and will aim and count the 90 days again at some point...

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Re: Nothing to lose - Update 106

Posted by notezy - 03 Jul 2024 15:29

I had a fall

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Re: Nothing to lose - Update 106

Posted by notezy - 03 Jul 2024 21:30

Make that two falls

ugh I don't know anymore so much eeffort to keep trying I dont feel like I have it in me to succeed

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Re: Nothing to lose - Update 106

Posted by horizon - 03 Jul 2024 21:34

i'm so sorry buddy. please take a hug. make that two hugs.

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Re: Nothing to lose - Update 106

Posted by youknowwho - 04 Jul 2024 16:19

[notezy wrote on 03 Jul 2024 21:30:](#)

Make that two falls

ugh I don't know anymore so much effort to keep trying I don't feel like I have it in me to succeed

Really painful!!

I actually hate offering eitzah's especially when I am the way I am, but hating myself a little more today won't make it or break it, so here goes...

Based on your posts, I don't think filters/avoidance/white-knuckling/willpower/90 days will help much for you.

-What are you doing to change your **paradigm** and **perspective** regarding this whole challenge? It's pretty hopeless to aim for change if on some level we don't really want to change. (Read some of [Vehkam's](#) amazing recent posts that touch on this point)

-Do you have anybody you can be open with to share the nitty gritty details about the specific challenges you are struggling with? When you feel tempted, do you have anyone to share that with? It may not always stop a fall, but it can many times. And it will definitely help with getting up afterwards and not wallowing. Being **vulnerable** goes a long way, and you can talk about any other stuff you are going through too.

- Last but not least, have you ever explored the 12 steps? Or at least read through some of the wealth of wisdom from Dov's posts to see what it's all about? Not everything may resonate, but it can still be very beneficial.

In any case, no need to shrivel into the shadows, you are some fighter! (although fighting is
)

Wishing you much Hatzlacha!!

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Re: Nothing to lose - Update 105
Posted by adam2014 - 06 Jul 2024 10:18

"Debating if it's worth going to the Kotel"?????? WOW.. coming from a guy who flies halfway
probably not what is needed at this point
around the world to go to the Kotel, I think the answer is, It is always worth going to the Kotel!

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Re: Nothing to lose - Update 105
Posted by notezy - 07 Jul 2024 04:10

[adam2014 wrote on 06 Jul 2024 10:18:](#)

"Debating if it's worth going to the Kotel"?????? WOW.. coming from a guy who flies halfway
around the world to go to the Kotel, I think the answer is, It is always worth going to the Kotel!

Their are a lot of Immodestly dresses women in Jerusalem because it's a tourist area and I was
debating putting my eyes through that...

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Re: Nothing to lose - Update 105

Posted by frank.lee - 07 Jul 2024 06:58

Yes, I avoid it if I could, and many religious people don't go there for this reason.

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Re: Nothing to lose - Update 106

Posted by notezy - 09 Jul 2024 17:06

Just wanted to give an update still clean right now but I am struggling with urges came close to falling a few times the last few days. I made an attempt to do the F2F program more but the last few days i have been busy with stuff BH and kind skipped it probably... but I did see a positive uptick in control and more importantly awarness while using it...

I also wanted to mention I have been kind of cheating on my commitment to stay off YouTube.

I went back to a loophole on my computer to watch some stuff. I am not going back to spotify and I don't have it access to youtube on my phone. I went about a month without it... still going to use YouTube in this form knowing it can be a liability and in the future I plan to block it. I might need to get a toll in order to do so.

Alright thats all for now.

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