

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

Posted by yiftach - 20 Feb 2024 13:27

I envy your courage to post about your fall!

KOT!

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Re: Nothing to lose

Posted by notezy - 20 Feb 2024 13:32

Yah well I fell again this afternoon and I am tempted to quit again this seems like an impossible task that's driving my insane.

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Re: Nothing to lose

Posted by notezy - 20 Feb 2024 15:11

I am scared by the fact that the only times I have seemed to have found success is when I take on something new and that freshness gives me hope and lasts for about a 20-30 day period before it gives way and I am back to struggling again and I worry that's happening here.

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Re: Nothing to lose

Posted by ??? ???? ???? ??? - 20 Feb 2024 16:20

[notezy wrote on 20 Feb 2024 15:11:](#)

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Your username says it all. This is not easy. I have been struggling with pornography and masturbation for 20 years.

You started off this thread with:

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.

What difference does it make in your life when you are clean? Why do you want to be clean? Whatever it is, it sounds like it was worth it to you to try and join GYE. Please don't despair just because it is hard. It is hard, but not impossible.

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Re: Nothing to lose

Posted by Gevura Shebyesod - 20 Feb 2024 19:24

[??? ???? ???? ??? wrote on 20 Feb 2024 16:20:](#)

[notezy wrote on 20 Feb 2024 15:11:](#)

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Re: Nothing to lose

Posted by notezy - 20 Feb 2024 21:53

Alright, I was extremely down and then angry at myself today over this but I am continuing.

I am going to change some things I have been putting off since I got this new phone a month ago which is to have my rabbi control the screen time app with a password.

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Re: Nothing to lose

Posted by notezy - 20 Feb 2024 21:54

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Re: Nothing to lose

Posted by notezy - 21 Feb 2024 21:02

Day 1

I ran into an issue with the password thing but should have it worked out by tomorrow.

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Re: Nothing to lose - Update 20

Posted by notezy - 22 Feb 2024 12:10

Middle of day 2

saw some girl on the street botherd me but I think I will manage.

I just wanted to update that my rabbi is now in control of my screen time tool password.

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Re: Nothing to lose - Update 21

Posted by notezy - 25 Feb 2024 05:34

Starting Day 5

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Re: Nothing to lose

Posted by hehochma - 26 Feb 2024 01:23

Holy man!!!

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Re: Nothing to lose - Update 22

Posted by notezy - 26 Feb 2024 18:40

Had another fall today slippery slope and a day off...

Let myself down

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Re: Nothing to lose - Update 22

Posted by Heeling - 28 Feb 2024 21:56

Hey! Sorry to hear about your fall. Seems like you picked yourself up! thats amazing!

Keep Rollin'

Keep Plowing,

Never look back,

Focus on the good,

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Re: Nothing to lose - Update 23

Posted by notezy - 29 Feb 2024 17:14

Day 3 waiting patiently for my time to come...

trying to do all the right things.

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