

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 26

Posted by notezy - 07 Mar 2024 06:19

"No setting artificial limits" but other then that no do you got any advice on that front ?

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Re: Nothing to lose - Update 27

Posted by notezy - 07 Mar 2024 13:37

Day 4 I fell today

I think just from stress and a lack of sleep. I am not sure if i need to update my plan as much as just continue going smalls steps although I am still looking to alternate filters.

And make time for the book and the course that's all for today I guess.

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Re: Nothing to lose - Update 28

Posted by notezy - 07 Mar 2024 15:22

And I changed my mind my plan to avoid this stress is I am taking a break from reading 1 of the 3 mussur books I am reading till I finish the others and I am taking a break from the F2F program again in favor of finishing TBOTG because that's what contributed the most to my stress consistently in my mind having something to do burned me out this week.

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Re: Nothing to lose - Update 28

Posted by notezy - 07 Mar 2024 15:23

And I changed my mind my plan to avoid this stress is I am taking a break from reading 1 of the 3 mussur books I am reading till I finish the others and I am taking a break from the F2F program again in favor of finishing TBOTG because that's what contributed the most to my stress consistently in my mind having something to read never taking a break to relax burned me out this week.

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Re: Nothing to lose - Update 26

Posted by proudyungerman - 08 Mar 2024 05:39

[notezy wrote on 07 Mar 2024 06:19:](#)

"No setting artificial limits" but other then that no do you got any advice on that front ?

What do you mean by that? What artificial limits are you referring to?

Have you spoken to anyone on GYE? For me it was a total gamechanger - it was only because of my (loooong) conversations with IWLR that I got the courage to post...

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Re: Nothing to lose - Update 28.1

Posted by notezy - 08 Mar 2024 07:21

And I had a fall to AVE last night 2

who is IWLR

I talk to some people

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Re: Nothing to lose - Update 28.1

Posted by proudyungerman - 08 Mar 2024 19:15

Here's his thread:

guardyoureyes.com/forum/19-Introduce-Yourself/402361-Raboisai---Im-Living-Real%21

His email is iwannalivereal@gmail.com

Hatzlacha and keep posting!

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Re: Nothing to lose - Update 29

Posted by notezy - 09 Mar 2024 19:49

K I'll see if I can get ahold of him.

Tonight will end day 2

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Re: Nothing to lose - Update 30

Posted by notezy - 10 Mar 2024 19:17

Mid day 3

I was reading TBOTG chapter 15 and he talks about bring a notebook around and document triggers am I expected to do this occasionally or every time I see something not txnius walking down the street ? Seems excessive but at the same time I get why he says to do it anyone have advice on how to implement this practically?

is it better to use something on my phone or get an actual notepad...?

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Re: Nothing to lose

Posted by yitzchokm - 10 Mar 2024 19:45

He is referring to urges to act out. The most effective way to do this is in the daily check-in on the dashboard. Eventually you will learn what your triggers are and you will be able to make a plan about how to avoid them or overcome them in the future. Regarding walking in the streets or attending an event where it would be challenging to guard your eyes you can devise a plan ahead of time so that you remain clean.

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Re: Nothing to lose

Posted by notezy - 10 Mar 2024 20:31

You mean only journal after a fall okay

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Re: Nothing to lose

Posted by yitzchokm - 10 Mar 2024 20:33

[notezy wrote on 10 Mar 2024 20:31:](#)

You mean only journal after a fall okay

No. Journal whenever you become triggered to act out, even if you succeeded in overcoming your urge. The daily check-in is meant to be used every day even when you don't have urges. When you do have an urge there will be two additional parts of journaling available to describe your urge and the consequences. This will teach you what leads up to an urge as well as analyzing how you dealt with it. With this information you will be able to see whether you have a good plan or whether your plan needs to be adjusted. Then, you can make adjustments as necessary.

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Re: Nothing to lose

Posted by notezy - 10 Mar 2024 20:41

Okay I'll try that and use the personal homepage thing Is what you are saying

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Re: Nothing to lose - Update 31

Posted by notezy - 11 Mar 2024 17:53

Been busy all day still am just wanted to put this out real quick I think it's dsy 4 or 5.. I haven't had time to read TBOTG today yet but I have been journalling these urges I am curious if I should journal everything thats redundant or just the greatest hits...

like there are a few entries girl on bus girl on street walking looked away didn't given... at least 5 basically every time I traveled somewhere today but should I be adding an entry if I see something going to the bus then getting on the bus then getting off the bus ect... anyways feels like I am doing something by doing this so I think it helps just wish I had a moment to sit down and finish reading the book today still got 1 of the other books to do today as well... anyways thats all Goodnight.

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