

Road to 90 days - my daily log

Posted by bonobo - 15 Mar 2019 04:10

Im starting over yet again, this is hour 1. I've fallen multiple times this week. I'm angry at myself and upset that I've allowed this to happen. I hope that through starting this thread it will give me chizuk to start again with a serious mindset and to enable me to journey far into the 90-day challenge and l"yh far beyond. My goal is to be able to add a new post to this thread every day saying that ive succeeded in making it through the day.

That being said... hour 1.

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Re: Hour 1

Posted by bonobo - 17 Mar 2019 01:56

Friday passed with no trouble. Day 2 successful

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Re: Hour 1

Posted by bonobo - 17 Mar 2019 01:57

Shabbos passed... its motei shabbos now and its a little difficult but I think I'll make it. officially on day 3 according to the chart.

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Re: Hour 1

Posted by ColinColin - 17 Mar 2019 03:16

Take it hour by hour.

Make sure you do activities you enjoy.

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Re: Hour 1

Posted by bonobo - 17 Mar 2019 20:22

Day 4 has come and ive given in. no giving up, I am starting again rn in the hopes of l'yh going far.

perhaps this really has to be an hr by hr thing as colincolin mentioned.

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Re: Hour 1

Posted by growup - 17 Mar 2019 23:01

you the best - you didnt "give in" you climbed a part of the ladder you werent familiar with

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Re: Hour 1

Posted by bonobo - 18 Mar 2019 03:34

Day 1 successfully completed. Going to sleep now.

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Re: Hour 1

Posted by bonobo - 19 Mar 2019 03:09

Day 2 complete. Really good day

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Re: Hour 1

Posted by bonobo - 20 Mar 2019 02:33

Day 3 complete. I like the routine I'm falling into

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Re: Hour 1

Posted by bonobo - 20 Mar 2019 02:34

perhaps *routine I'm building* is a better way to phrase it.

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Re: Road to 90 days - my daily log

Posted by bonobo - 20 Mar 2019 17:12

Day 4. Doing well so far, but I have a very unscheduled day since its a taanis so I have to come up with a plan.

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Re: Road to 90 days - my daily log

Posted by bonobo - 21 Mar 2019 03:45

Day 4 complete. Freilechin purim!

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Re: Road to 90 days - my daily log

Posted by bonobo - 22 Mar 2019 03:55

Day 5 complete. purim was a blast and im absolutely hammered still even @ midnight

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Re: Road to 90 days - my daily log
Posted by bonobo - 22 Mar 2019 22:19

I have to be honest, I had a slip today. im not going to count it as a fall b/c I held myself back from anything really bad. I need to regroup and strengthen my resolve and continue battling. I have it in me to beat this and with HBU help I will.

Day 6 complete

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Re: Road to 90 days - my daily log
Posted by bonobo - 22 Mar 2019 22:34

I think there needs to be a few klallim that have to be in place at absolutely all times.

?1) No youtube in the room. If I need it for schoolwork, take the computer to a public area/study lounge and watch there.

2) absolutely no touching myself (unless it is to go pee)

?3) I have been trying to do this one, but it is to always let somebody on GYE know if I am in my room alone, so they can check up on me.

Good shabbos all!

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