

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: Road to 90 days - my daily log

Posted by bonobo - 11 Apr 2019 03:06

I've unfortunately had another fall... this was a really hard week and I think I just collapsed.
onward

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Re: Road to 90 days - my daily log

Posted by ColinColin - 12 Apr 2019 13:53

Bonobo

Try to work out why you fall.

Is it stress, lust, depression etc?

It might be a different reason at a different time.

Only by understanding that can you put together a long-term plan.

Try to practice mindfulness...where the urge to fall is regarded as a thought, but just a thought, and you can allow that thought to float away like a cloud into the wind.

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Re: Road to 90 days - my daily log
Posted by bonobo - 12 Apr 2019 19:05

Just as a response to your point. I'm pretty sure it's a combination of stress, boredom, and procrastination, at least that's what I've narrowed it down to.

My biggest issue has been this mindfulness part. I.e. the recognition that I have a thought or an urge and then understanding I need to take steps to NOT follow through with it.

What I've noticed is that a part of my brain says "NO, this isn't what you want, don't do it" and then that kinda gets pushed away and I go and act on that urge anyway.

?I will try your idea of how to manage this mindfulness and post an update mid of next week.

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Re: Road to 90 days - my daily log
Posted by rolemodel - 12 Apr 2019 19:39

keep on posting no matter what

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