

Day 1/90

Posted by Unser - 23 Jan 2022 16:30

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Day 1/90 ?

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Re: Day 1/90

Posted by TheYoungerTwin - 23 Jan 2022 16:32

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best place to start!

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Re: Day 1/90

Posted by joetyh - 23 Jan 2022 16:38

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it may be day 1/90 but its also day 1/1 remember to take it one day at a time you got this!!!!!!!!!!

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Re: Day 1/90

Posted by Unser - 25 Jan 2022 05:19

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Day 2/90 ?

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Re: Day 1/90

Posted by bego - 25 Jan 2022 11:51

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[Unzer wrote on 25 Jan 2022 05:19:](#)

Day 2/90 ?

How you finding it?

Is this a counting thing? Is this how you get through nisyonos by saying to yourself that you wan to count at the end of the day?

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Re: Day 1/90

Posted by Nomore1 - 26 Jan 2022 01:22

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It's not just counting. You're right. Is a change of mindToday I'm starting again. anyone else who like to start with me?

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Re: Day 1/90

Posted by Unser - 26 Jan 2022 04:57

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Tough but manageable. Mostly trying to break the habit by breaking up the well-worn paths, e.g. by not bringing my phone into the bathroom with me when I shower at night (which was where/when I'd usually slip up).

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Re: Day 1/90

Posted by Unser - 26 Jan 2022 04:58

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Day 3/90 ?

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Re: Day 1/90

Posted by Unser - 26 Jan 2022 05:00

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And yes, for better or worse my personality type is such that once I've started counting something (especially publicly to any degree) I get a certain satisfaction from not breaking the streak.

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Re: Day 1/90  
Posted by Unser - 27 Jan 2022 05:19

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Day 4/90 ?

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Re: Day 1/90  
Posted by Unser - 30 Jan 2022 05:43

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Days 5/90, 6/90 and 7/90 ?

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Re: Day 1/90  
Posted by Zedj - 30 Jan 2022 06:51

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1 week is incredible!

Don't forget to celebrate the small victories!

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Re: Day 1/90  
Posted by Unser - 03 Feb 2022 06:11

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Thanks!

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Re: Day 1/90

Posted by Unzer - 03 Feb 2022 06:12

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Days 8/90, 9/90 and 10/90 ?

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Re: Day 1/90

Posted by Unzer - 04 Feb 2022 06:02

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11/90 ?

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