

Day 1/90

Posted by Unzer - 23 Jan 2022 16:30

Day 1/90 ?

=====
=====

Re: Day 1/90

Posted by TheYoungerTwin - 23 Jan 2022 16:32

best place to start!

=====
=====

Re: Day 1/90

Posted by joetyh - 23 Jan 2022 16:38

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

=====
=====

Re: Day 1/90

Posted by Unzer - 25 Jan 2022 05:19

Day 2/90 ?

=====
=====

Re: Day 1/90

Posted by bego - 25 Jan 2022 11:51

[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?

=====
=====

Re: Day 1/90
Posted by Nomore1 - 26 Jan 2022 01:22

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

=====
=====

Re: Day 1/90
Posted by Unzer - 26 Jan 2022 04:57

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).

=====
=====

Re: Day 1/90
Posted by Unzer - 26 Jan 2022 04:58

Day 3/90 ?

=====
=====

Re: Day 1/90
Posted by Unzer - 26 Jan 2022 05:00

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.

=====
=====

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

Day 4/90 ?

=====
=====

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

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

=====
=====

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

1 week is incredible!

Don't forget to celebrate the small victories!

=====
=====

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

Thanks!

=====

====

Re: Day 1/90

Posted by Unzer - 03 Feb 2022 06:12

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

=====
====

Re: Day 1/90

Posted by Unzer - 04 Feb 2022 06:02

11/90 ?

=====
====