

Captain & Shtark&emotional's Secret90Day Challenge

Posted by captain - 04 Mar 2022 15:57

Captain and Shtarkandemotional's Secret 90 Day Challenge

Update: Here's a PDF of the main parts of this thread:

drive.google.com/file/d/1mmESpad4Y4NY78t8kR0fBVh5SB-CCNmQ/view?usp=drivesdk

In the PDF, two very important changes were made: We only do a total of 10 self-talk statements, and each statement is said only once. This keeps it short (under 90 seconds), and keeps it from feeling weird from repeating statements. (Of course, it might take a little longer to see results, but that is a worthwhile sacrifice.)

The original posts in this thread were left the same.

Original post:

I was discussing with Shtarkandemotional, and we came up with the following idea:

Self-talk is an interesting idea. There has been lots of research that it actually works. The only thing is, nowadays not a lot of people are interested or able to sit down and do 30 minutes of self-talk every day.

I once read that you can achieve basically the same effect by recording the self-talk once and then listening to it. I think this is a great idea. We present a list of self-talk statements here, and you find a quiet place for a few minutes and record yourself saying them. It should only take about 5-8 minutes. Then listen to them every day for 90 days. Try for twice a day. And see what happens. This might just be the method you were looking for to help break free in an easy way! We can all try this together.

The next post will contain the self-talk statements, and upcoming posts will contain some commentary and suggestions. If you don't believe in a statement, you can still say it if you are comfortable with doing so, and if not you can learn a little about the topic (we will post notes in a post below) or just adjust the sentence to your liking.

How to Record: Read each sentence ten times, and then move on to the next sentence. Try to say each sentence confidently (you can try it in an emotionally excited tone or a calm tone), and to smile when saying it.

When to listen: You can really listen at any time. You don't even need to focus on it, because it is entering your subconscious mind. You can listen when you're walking, shaving, brushing your teeth, on the train, etc. Try to listen once in the morning and once at night, if possible. And it's best to use earbuds in both ears, though you can use just one ear if needed.

If you have any thoughts or any suggestions for a self-talk statement to add, please respond below. (Please use the quote button.) For now I will be viewing the comments and adjusting these first posts. So please come back to them and read them again later.

We will be starting the 90 days on Sunday March 13. So please record your list before then. And please let us know if you will be joining, and how this is impacting you.

=====

Re: Captain & Shtarkandemotional's Secret 90 Day Chall
Posted by shulem25 - 16 Feb 2025 16:27

"I've officially completed an entire week without falling into my addiction—this is the longest stretch I've ever had! Feeling proud of myself for making it this far and looking forward to keeping the momentum going."

=====

Re: Captain & Shtark&emotional's Secret90Day Challenge
Posted by captain - 04 Apr 2025 22:02

Hey guys! Here's a PDF of the main parts of this thread:

drive.google.com/file/d/1mmESpad4Y4NY78t8kR0fBVh5SB-CCNmQ/view?usp=drivesdk

In the PDF, two very important changes were made: We only do a total of 10 self-talk statements, and each statement is said only once. This keeps it short (under 90 seconds), and keeps it from feeling weird from repeating statements. (Of course, it might take a little longer to see results, but that is a worthwhile sacrifice.)

Give it a try!

=====

=====