

Nothing to lose

Posted by notezy - 24 Jan 2024 15:01

Nothing to lose by starting the 90 day challenge.

the challenges i see before me:

The sturggle to get off my devices.

staying positive and not falling into the trap of skipping steps.

finding ways to interact more with people in the real world.

I have struggled with this for many years I have tried different tools and I see what a differences it makes in my life when I am clean I might as well start.

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Re: Nothing to lose - update 8

Posted by notezy - 05 Feb 2024 19:23

I know its the same day I wanted to elaborate on what bothers me about wet dreams while I don't count them as a failure in my 90 days they do affect me mentally and physically as well as spiritually. And the urges come back. So it sucks when I have to start over with that again.

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Re: Nothing to lose

Posted by simchastorah - 05 Feb 2024 19:48

Personally I have no problem with wet dreams. It's the wet waking up that really annoys me

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Re: Nothing to lose - update 9

Posted by notezy - 07 Feb 2024 06:54

Day 14: the first 8 days felt faster then the last 3 but that's okay. Kept myself busy I only see this when I think about the 90days.

I also started going to the gym today.

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Re: Nothing to lose - update 7
Posted by chancy - 07 Feb 2024 17:34

Harav Notezy,

First, keep up the good work of posting, you will get to see how much it matters as you go along.

Regarding your problem with wet dreams, i tottaly understand that, It bothered me a great deal as well. But, there are so many things to do for that. Ill write a few.

Reading Krias Shma, especially from the Arizal.

There is a sefer called Kedushes Yesod and it has a lot of kavanos to have while reading krias shma.

Learning before going to sleep. especially Mishnayos

Not eating heavy food before sleeping

Doing kegel exercises which strengthen the muscles down so you will have more control.

The most important thing is to ignore them, its not your fault usually and just go to the mikva and move on.

Good luck.

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Re: Nothing to lose - update 10
Posted by notezy - 08 Feb 2024 13:16

Day 15 I am struggling a bit with motivation

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Re: Nothing to lose - update 10
Posted by SisonYishecha - 08 Feb 2024 15:55

[notezy wrote on 08 Feb 2024 13:16:](#)

Day 15 I am struggling a bit with motivation

We are rooting for you!

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Re: Nothing to lose - update 10
Posted by davidt - 08 Feb 2024 16:07

[notezy wrote on 08 Feb 2024 13:16:](#)

Day 15 I am struggling a bit with motivation

Here are some great tools that might help...

app.guardyoureyes.com/toolbox/motivation

we are here for you - stay strong!

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Re: Nothing to lose - update 10
Posted by notezy - 08 Feb 2024 16:37

Thank you I did some more F2F I haven't done so in a while I feel more in control now.

Edit: ending the day now feel like

I got back on the rails about to go to bed ending day 15.

which means my new goal will be 20 days

And happy rosh chodesh adar 1 to you all good night

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Re: Nothing to lose - update 11
Posted by notezy - 11 Feb 2024 09:06

Day 18 update I had a wet dream last night but still going strong.

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Re: Nothing to lose - update 12
Posted by notezy - 12 Feb 2024 10:03

Today is 19th day.

mondays are always the hardest because its my day off and i have more free time.

Struggling a bit right now.

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Re: Nothing to lose - update 12
Posted by Hashem Help Me - 12 Feb 2024 12:21

So what is your plan to make today productive and non-triggering?

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Re: Nothing to lose - update 12

Posted by chaimoigen - 12 Feb 2024 13:53

[notezy wrote on 12 Feb 2024 10:03:](#)

Today is 19th day.

mondays are always the hardest because its my day off and i have more free time.

Struggling a bit right now.

Here's a warm hand.

There's powerful recognition in writing that free time makes you struggle. Feeling unproductive and less purposeful, and having time to "space out" and feel opens up the gate to negative energy. Can you put structure and positivity in your day to counter? Reach out to a friend?

Hoping your day goes well,

Chaim

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Re: Nothing to lose - update 13

Posted by notezy - 12 Feb 2024 14:39

Day 19 I had a fall today.

I read your msgs. But I didn't do enough.

i had a dr.appointment this morning and when I got back I didn't go straight back to Yeshivah like I should have. Lead down a path and here I am after falling.

Not sure what I am going to do next.

I got farther then I execpted to...

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Re: Nothing to lose - update 13

Posted by cande - 12 Feb 2024 19:18

[notezy wrote on 12 Feb 2024 14:39:](#)

Day 19 I had a fall today.

I read your msgs. But I didn't do enough.

i had a dr.appointment this morning and when I got back I didn't go straight back to Yeshivah like I should have. Lead down a path and here I am after falling.

Not sure what I am going to do next.

I got farther then I execpted to...

i feel you,

having very tuff day too,

superball blues,

always very erotic.

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