

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.

=====

=====

Re: Nothing to lose - Update 66

Posted by notezy - 18 Apr 2024 16:40

Not so much of a fact that I am not trying anything new and more bein hazmanim disorder causing problems.. and being sick and a few other things... theirs always more I can do but I don't think thats the issue right now.

=====

=====

Re: Nothing to lose

Posted by vibrantchosid - 18 Apr 2024 22:47

So what's the issue now?

=====

=====

Re: Nothing to lose - Update 67

Posted by notezy - 21 Apr 2024 05:57

I think today is day 2

struggling a lot. Now there was a tool I was using as a screen time blocking tool that I went around so it's no longer sustainable to use I am on a Samsung.. not sure what I am going to do about it.

I used it mostly to keep me off apps and websites at specific times....

Might need to get a different device. Might just use the filters tools to block the website outright and not use anymore going to think on what will work best might just look for a new tool.

=====

Re: Nothing to lose - Update 67

Posted by notezy - 21 Apr 2024 06:23

Does anyone know of a good screen time app that works on Samsung devices that can't be circumvented by split screen. Or free form windows. Something for setting limits by time of day or hours used... with some way to password lock it...

=====

Re: Nothing to lose

Posted by frank.lee - 21 Apr 2024 06:57

Image filtering: does wizmage work on your device? I use this chrome extension on Windows and it is a lifesaver.

for screen time, your filter doesn't have an option for that?

=====

=====

Re: Nothing to lose

Posted by notezy - 21 Apr 2024 07:52

Not looking for image filtering I got covenant eyes for that.

i specifically was looking for an android app that you can set app screen time limits on that can't be circumvented... to replace the one i had... anyways I found an app that looks promising called lock me out I am going to look into it a bit more.

=====

Re: Nothing to lose

Posted by chooseurname - 21 Apr 2024 13:31

As I understand, any app based restriction like that is limited. Maybe switch to an Iphone? The screen time is more powerful, and combined with covenant eyes would be a pretty good setup.

=====

Re: Nothing to lose

Posted by notezy - 21 Apr 2024 18:48

Definitely thinking about it maybe a pixle I don't know If I want to get a iPhone again but it might be the best solution... I dont think stock android has the same issues as Samsung and xiomi but it still has more problems with 3rd party apps than the built stuff Apple has... not sure...

=====

Re: Nothing to lose - Update 68

Posted by notezy - 22 Apr 2024 04:59

I had another fall last night

=====

Re: Nothing to lose - Update 69
Posted by notezy - 24 Apr 2024 07:32

I was clean on pasech and then had another fall the night after I was up till 3 for no reason it could have been avoided

=====

Re: Nothing to lose - Update 70
Posted by notezy - 24 Apr 2024 21:36

An update on where I am right now.

first off struggling.

but more with apthey rather then urges.

Today I went to the mall with family and I saw stuff but stayed clean despite it although I find myself feeling in general like I am waiting for bein hazmanim to end so I can get back to being productive and consistent. I concede that this is not a solid plan and if I ever want to see long term success I will have to stay consistent even through chaotic times in my life.

and I am not saying I am not trying during this time I just find myself not being very successful and it bothers me.

I could probably start by getting on a consistent sleep schedule and going to Shachris a little bit of discipline.. I say at 12:30AM

=====

Re: Nothing to lose - Update 70
Posted by chaimoigen - 25 Apr 2024 11:18

[notezy wrote on 24 Apr 2024 21:36:](#)

An update on where I am right now.

first off struggling.

but more with apthey rather than urges.

Today I went to the mall with family and I saw stuff but stayed clean despite it although I find myself feeling in general like I am waiting for bein hazmanim **to end so I can get back to being productive and consistent.** I concede that this is not a solid plan and if I ever want to see long term success I will have to stay consistent even through chaotic times in my life.

and I am not saying I am not trying during this time I just find myself not being very successful and it bothers me.

I could probably start by getting on a consistent sleep schedule and going to Shachris a little bit of discipline.. I say at 12:30AM

Gutten Moed!

What you write is so true- realizing that feeling good about yourself, feeling productive etc, helps you in the struggle.

Feeling down, unproductive and shleppy, and bad about ourselves leads us to look for other ways to feel better. But they don't work except in the moment...

Keep trucking to Cheirus, friend.

Here's a hand,

Chaim

=====

Re: Nothing to lose - Update 70.1
Posted by notezy - 25 Apr 2024 19:35

Had a wet dream last night but stayed clean.

Then i went to Shachris this morning i was late... but late is relative when you go to a carlibach
...

Anyway feel better already with just a bit of structure to my morning. I was on my phone a lot and got dragged to the mall again by family but this 1 was mostly empty and I didn't really have

so day 1

=====

=====

any urges and stayed clean anyways almost the end of the night now

Re: Nothing to lose - Update 70.1

Posted by notezy - 26 Apr 2024 14:12

And got up late today missed Shachris ended up going on a trip today with family I thought I was in the clear but I had a slip/fall with smiras anyim when I got home but I didn't spill seed and stopped.

I relized that I dont really have a plan for the moment when I have urges I have mostly been focusing on planning around not getting myself into hose places and avoiding it but anyone have some simple ideas that I can do preferbly not listening or reading somthing because I don't think I will have the patience when I am triggerd...

=====

=====