

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 76

Posted by notezy - 06 May 2024 05:49

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Re: Nothing to lose - Update 76

Posted by notezy - 06 May 2024 05:50

Day 1

this is hard but i can see the benfit right away first off all I got to sleep without distraction.

I think i might have to limit my GYE time since I use it on my phone I think maybe 3 times a day instead of going into the app so often I will see.

Anyways this morning I woke up with some stress but not going to youtube or spotify to drown out the noise i feel better even though it's hard.

Now I just got to occupy my time better because it's still bein hazmanim

Side note thanks for the advice chaim and vehkam.

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Re: Nothing to lose - Update 76.1
Posted by notezy - 06 May 2024 05:53

Oh and it could have been something else but with a sample size of one day only... I felt almost no urges after I decided to stay off YouTube and spotify and stay off my phone more. And not let the mind become numb...

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Re: Nothing to lose - Update 76.2
Posted by notezy - 06 May 2024 11:26

Even just to give myself a little bit of access for a few hours on my computer

It's mind numbing trying to quite,

It's mind numbing to use...

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Re: Nothing to lose - Update 76.2
Posted by youknowwho - 06 May 2024 13:34

[notezy wrote on 06 May 2024 11:26:](#)

Even just to give myself a little bit of access for a few hours on my computer

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Dear Notezy,

I very much understand your pain. I have been working through this too, the past month or so. I wrote a post about it [here](#).

Since that post, I have not been on YouTube. Last night, I went on again, for a little bit. My feelings towards it have definitely changed...It felt different.

I was mindful that this is called "wasting time", when in the past I did not have that mindfulness.

I was aware that there are triggering stuff here and I better stop, while in the past, there was no space in my brain for that thought.

I even felt a little embarrassed with myself, like, what am I *doing* over here? Watching some mindless ABC or D, and...now what?

I was aware that I am again engaging in my favorite pastime called escaping, instead of being busy with *living life*.

I'm not saying that I am done with YouTube forever, that is a daunting thought, and won't work for me.

(And, I do need some outlets, sometimes watching things, but that is a different discussion. I am referring *specifically* to the klippah called YouTube)

What does seem to be working is, slowly chiseling away at my love for it. If my love affair with YouTube can slowly be diffused, to the point where it's no longer an addiction, wouldn't that be a major win?

I am hopeful, and just sharing that hope with you.

Perhaps by staying off it a bit, these feelings can be allowed to develop, at your own pace.

Have an amazing day!

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Re: Nothing to lose - Update 76.2

Posted by chooseusername - 06 May 2024 13:59

[notezy wrote on 06 May 2024 11:26:](#)

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It's mind numbing trying to quite,

It's mind numbing to use...

Mid way past day 2 this sucks I really want to walk back the no YouTube spotify thing already

Dude. This is an amazing step you took.

The problem now is you're bored. And don't have that sweet mindless entertainment you used to.

You need to fill the time. And asking you to go sit and shteig instead is maybe asking too much (though give it a shot?) So find a different thing to fill time with. Doesn't really matter what, whatever it is will be more productive. Some suggestions in no particular order: buy/borrow some books, exercise, get together with a friend, learn a skill (on the computer is fine ex. coding, but offline); learn an instrument; say tehillim.

It's just a few days until the zman starts, you can get through this. Then once the zman starts note what times you typically use youtube to fill the void and fill it with something else. You'll probably also end up going to bed alot earlier, which is surprisingly helpful for being productive.

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Re: Nothing to lose - Update 76.2

Posted by notezy - 06 May 2024 15:24

All said is true...

Um still thinking about walking it back i dont know if cold turkey was the right move but i think i cant say it wasn't if i quite in 2 days i might allow myself in controlled settings some entertainment but I'll have to figure out a way were that is okay the thing is that is a slippery slope that I have been down before...

Maybe I'll set a system up were only I can watch one a week and if I see that it's not working I'll try cold turkey again I am messing with myself even entertaining this idea is just going to make it harder to quit I know...

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Re: Nothing to lose - Update 76.2

Posted by notezy - 06 May 2024 15:29

I kept myself relatively busy today spent time with family nephews and such originized some photos for 1... daven both mincha and shacrish with a minyan without bringing the phone at all... did some learning but I find it hard to get myself to do anymore learning without a bit of entertainment and I don't read not jewish books for entertainment so I don't plan on starting...

Exercise I will go to the gym on the day I normally go but to get myself to do extra just unmotivated to get off my but in this state... anyways bein hazmanim is going to be up in a week and I think I will go out with some friends tommrow.

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sorry all you gye Harry Potter fans lol I know we got a lot of those...

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Re: Nothing to lose - Update 76.2

Posted by notezy - 06 May 2024 15:36

Does anyone know of a simple website blocking tool for windows 10 preferbly password locking, free or one time payment, just need somthing simple not really looking for a filter more a parental control screen time thingie..

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Re: Nothing to lose - Update 76.5

Posted by notezy - 06 May 2024 18:41

sorry all you gye Harry Potter fans lol I know we got a lot of those...

Okay going to get ready for bed early tonight just wanted to summarize the day it sucks without going on youtube but I kept busy and still felt like I wasn't.

my biggest fear for tommrow is more time to dwell on having nothing to do... and I wanted to note that despite not being on youtube and such I did still feel urges on the street so I am not sure how much this change has helped although I am not doubting it has an effect for the good.

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Re: Nothing to lose
Posted by funbuchur - 06 May 2024 18:46

Awesome Keep it up!!

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Re: Nothing to lose
Posted by frank.lee - 07 May 2024 05:07

Another great kosher outlet - learn Daf Yomi with MDY Rav Eli Stefansky! Join the family, many GYE guys on it. Entertaining and learning Torah, life changing to be more consistent, persistent and healthy. Very fun to watch these videos, and you can get them on AllDaf, Torah Anytime, WhatsApp and more.

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Re: Nothing to lose
Posted by notezy - 07 May 2024 06:24

Oh ya yoy another cultists smh.

Kidding. one of these days I will join but I am not sure I am ready to learn at that level yet... I'll think about it.

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