

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 77

Posted by notezy - 07 May 2024 06:36

Start of day 2

and also for the youtube and spotify thing.

Surprisingly calm right now about I don't expect that to last I wonder if sleep had an affect on it.

=====

Re: Nothing to lose - Update 77.5

Posted by notezy - 07 May 2024 18:56

Close to end of the day

kept myself busy most of the day hiking with a friend and then work.

I went and read some news article about israel about the Rafah crossing thing... I dont normally

read the news i am debating blocking the browser entirely...

I also went searching for a tool for windows 10 website blocking for a while didn't find anything that I was looking for...

Anyways that about sums it up for today. Still a struggle but whatever... I dont know what I'll be doing tommrow to keep busy...

=====

Re: Nothing to lose - Update 78

Posted by notezy - 08 May 2024 06:13

Start of day 3 and I am already feeling the urges this morning.

=====

Re: Nothing to lose - Update 78.5

Posted by notezy - 08 May 2024 08:31

Had a fall didn't use any material...

=====

Re: Nothing to lose - Update 78

Posted by frank.lee - 08 May 2024 10:33

Sorry to hear. You are amazing that you are on the level to be in touch with your feelings and reach out here.

Keep up the great work!

=====

Re: Nothing to lose - Update 78.5

Posted by chooseurname - 08 May 2024 13:52

[notezy wrote on 08 May 2024 08:31:](#)

Had a fall didn't use any material...

Massive progress! Keep up the good work.

=====

=====

Re: Nothing to lose - Update 78.5

Posted by notezy - 08 May 2024 14:31

Went on youtube 30minutes 2 videos on my computer which I still haven't found a tool for locking down yet...Nothing bad just some people I am subscribed to military documentaries...anyways not sure how i am going to proceed I might try to go cold turkey again, I might try just staying off the stuff on my phone and limiting my usage on the computer..those 2 days with no media were really hard for me..But it had some good affects and helped with the battle

=====

=====

Re: Nothing to lose - Update 78.5

Posted by chooseurname - 08 May 2024 14:54

[notezy wrote on 08 May 2024 14:31:](#)

Went on youtube 30minutes 2 videos on my computer which I still haven't found a tool for locking down yet...Nothing bad just some people I am subscribed to military documentaries...anyways not sure how i am going to proceed I might try to go cold turkey again, I might try just staying off the stuff on my phone and limiting my usage on the computer..those 2 days with no media were really hard for me..But it had some good affects and helped with the battle

Don't let one little fall convince you to throw in the towel on this. It can be really helpful.

Obviously a filter is the best tool for locking down the computer. But one eitzah for extra limitations on top of your filter (which I think is your matziv?) is a browser extension like [this](#). Pro tip, add the chrome web store as a blocked page so you can't easily uninstall. You can set a

time limit on sites, which may be what you want.

You also have to delete your other browsers, except you can't delete edge in Windows anymore. Instead, download a similar extension in edge and block everything.

Disclaimer: This is not a substitute for a filter. But it is a decent way to limit use of "kosher" sites for time management purposes.

=====

Re: Nothing to lose - Update 79
Posted by notezy - 09 May 2024 07:54

Day 1.

it's all a bit up in the air right now.

I am also going to try to limit my usage of GYE.

to be continued...

=====

Re: Nothing to lose - Update 79
Posted by notezy - 09 May 2024 07:54

Day 1.

it's all a bit up in the air right now.

I am also going to try to limit my usage of GYE.

to be continued...

=====

Re: Nothing to lose - Update 79
Posted by youknowwho - 09 May 2024 17:11

[notezy wrote on 09 May 2024 07:54:](#)

Day 1.

it's all a bit up in the air right now.

I am also going to try to limit my usage of GYE.

to be continued...

Dear Notezy,

I follow your posts. You are a fighter! Please don't give up!

May I suggest you take a break from counting days? Counting days has its time and place. It's really a separate discussion about how to properly utilize counting as a tool to keep on growing.

Yet, when one is falling every few days, it can become cause for burnout.

Maybe, for now, take yourself a break. Breathe...relax! I am wondering if you are over obsessing about counts/filters/fighting.

Perhaps, by taking a step back, you can focus on living sober, meaning, living in the moment, without always giving in to that itch of "escaping".

Live your life, calm down, dude. Get yourself something to eat, Daven, learn, enjoy working on meaningful relationships with your loved ones. Take a walk in a scenic park, life is beautiful!

I'm not suggesting you should indulge in porn. The point is, maybe take a step back and a deep breath.

Warmly, -YKW

=====

Re: Nothing to lose - Update 79

Posted by notezy - 09 May 2024 19:07

Gotcha yah to clarify what I meant by taking a step back from gye:

I was using the sos portal to play games and distract myself and obsessively opening gye and looking for something to do on it thats what I meant by taking a step back from it. In order to take a step back from my phone. Today I spent about 14minutes on it and yesterday 2h the day before 1h big difference. I still got the same benefits as using the msg board but I just wasn't compulsively opening it... looming at my stats on the "digital well being app" it looks like I opened the app only 10 times 2/3s less then normal and I have probably used it better then any other day. I also decided to not right about every other feeling I had... anyways that's the long form of saying I am not leaving thr app or freaking out...

=====

=====

Re: Nothing to lose - Update 79

Posted by notezy - 09 May 2024 19:16

Now about today.

i went on YouTube again this morning but after that I was done I set up my lock on my phone so now I can't use my browser unless it's for emergencies and only in 5-10min intervals (resets every hour) so no more news reading but I still have a bit off access if I need. I was busy today Shachris, gym, bit of leanring, minch, lunch, work. Didn't have a pull to it today most of the day because I was busy I imagine it will get easier when Bein hazmanim ends ill be busy...

Tommrow might be hard but ima try to go see my nephews to keep busy.

oh i started reading a book at work which helped me stay off my phone. Starting to warm to the idea of no more media but I am looking at it now from the perspective of I dont need it although I still want it somtimes and I am going to gradually cut it out my life but if I open it up on my pc when I am really bored once in a while it's okay.. I think thats a fair balance especially if over time I push to get myself off completely and if I see this plan isint working I'll have to just block it on my laptop.

A good gague for if I am over using it is if I am searching for stuff beyond my subscription feed to just fill time if I am doing that then I have been using it to much and need to get off...

Okay those were my thoughts for today.

=====

=====

Re: Nothing to lose - Update 79

Posted by notezy - 09 May 2024 19:18

I am Going to reflect on what you said YKW, Thanks.

=====

=====