

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 84.5

Posted by notezy - 16 May 2024 13:15

Alright the urges passed. I am going to take a walk in the park to double down but I thought I would note that I havent had urges pass without acting on them or eventually acting on them in a while.

it's a case of missing the forest for the trees. Whenever I get these strong urges my mind goes into panic mode thinking these urges won't go away like even if they pass it will only be from distracting myself and then they will come back. I haven't had it naturally go away in a long time.

I think if I get a chance to get passed it like I did today I won't feel so fight of flighty when they come in the future.

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Re: Nothing to lose - Update 84.5

Posted by youknowwho - 16 May 2024 13:26

I feel for you, your angst and strain are palpable.

You seem lost deep inside your brain, both with thoughts and emotional turmoil (yup, something I'm pretty familiar with)

Have you ever picked up a phone and spoken to someone? How about a shmooze with Eerie, who is chicken soup for the soul? There are others here too, who would be glad to hear you vent....Try it!

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Re: Nothing to lose - Update 84.5
Posted by notezy - 16 May 2024 13:29

Yah I talk with eerie and hhm every once in a while

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Re: Nothing to lose - Update 84.5
Posted by youknowwho - 16 May 2024 13:32

[notezy wrote on 16 May 2024 13:29:](#)

Yah I talk with eerie and hhm every once in a while

Great!! Find people who have ears to chew off, even more than once in a while, it will do you a world of good.

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Re: Nothing to lose - Update 85
Posted by notezy - 17 May 2024 11:40

Day 6.

keeping busy watching nephews.

I think i will be cruising into shabbos on a good note.

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Re: Nothing to lose - Update 86

Posted by notezy - 18 May 2024 17:49

Shavuah tov. Mostly uneventful shabbos.

anyways end of day ish

Day 7.

Today is 7 day which is one week of counting the success.

And 1 week free of youtube and spotify...

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Re: Nothing to lose - Update 87

Posted by notezy - 19 May 2024 03:23

Day 8. Start

I see my mind toy with the idea giving in every once in a while tempting me.

Any advice other than to ignore it?

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Re: Nothing to lose - Update 87.5

Posted by notezy - 19 May 2024 11:29

Mid day it's been a bit harder today. "Depression is the result of unmet expectations." and the transition (job and learning) feels like it isn't working out as i expected and i am sacrificing more than i signed on for.

depression and anger can lead to urges when blinded by emotion the Yetzer hara has an opening.

I also got pretty annoyed with something else this morning for not working...

anyways thats were the urges are coming from. Or so I think.

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Re: Nothing to lose - Update 87

Posted by gye365s - 19 May 2024 11:48

[notezy wrote on 19 May 2024 03:23:](#)

Day 8. Start

I see my mind toy with the idea giving in every once in a while tempting me.

Any advice other than to ignore it?

You are doing great! Do you have a personal mission statement or core motivating source? Perhaps try calling it forth in your mind to immediately interrupt these thoughts before they fully develop. Something short that reminds you of your resolve and gives you a positive boost. I made a serious commitment to grow and I'm keeping it. I know G-d is proud of every aspect of my monumental efforts. I believe in myself and these thoughts are not welcome. Thank you Hashem for helping me do the right thing. Smile, sing, and dance for you in this moment are at the highest levels of serving Hashem - a gadol among men.

Yasher Koach!

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Re: Nothing to lose - Update 87

Posted by notezy - 19 May 2024 13:15

How do I get to a point where I don't feel like I am suffering for doing the right thing.

this sucks.

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Re: Nothing to lose - Update 87

Posted by gye365s - 19 May 2024 14:07

[notezy wrote on 19 May 2024 13:15:](#)

How do I get to a point where I don't feel like I am suffering for doing the right thing.

this sucks.

I think the answer to that lies in emunah. Not the easy kind, the really really hard kind. Hashem does not make anyone suffer to cause them pain. Hashem does send us these challenges because they are exactly what we need to reach our potential. When we focus on what we need to do now and trust that the results are up to Hashem, this is where the perspective shifts. We aren't ignoring the feelings, they are there and true. We are viewing the difficulty as benefit and embrace that the pain is that of growth, not breaking. A bodybuilder embraces the suck, and even yearns for it. That is the assurance that he is getting stronger. The struggle is a necessary step to reach his goal, so he does not quit.

We are all here for the struggle. We motivate each other and grow together. Hashem placed this weight on our shoulders because he entrusted us with a most sacred mission. We and only we can lift this weight and throw it off to bring kedusha to the world, and we will do it together.

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Re: Nothing to lose - Update 88

Posted by notezy - 20 May 2024 06:01

Start of day 9.

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Re: Nothing to lose - Update 88
Posted by notezy - 20 May 2024 11:06

Still struggling with wanting to go back on youtube.

it's only been a week and it feels like its been a month

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Re: Nothing to lose - Update 88
Posted by redfaced - 20 May 2024 13:21

[notezy wrote on 20 May 2024 11:06:](#)

Still struggling with wanting to go back on youtube.

it's only been a week and it feels like its been a month

BEZH soon, it will be a month and feel like a week .

Keep on trucking, friend .

YOU CAN DO IT!!!

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