

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

Posted by funbuchur - 20 May 2024 16:47

We have your back!! Doing great!!

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Re: Nothing to lose - Update 88

Posted by notezy - 20 May 2024 16:50

On a practical level it's been a few hours and I am trying to keep my spirits up but on the inside I am starting to get feelings of depression/guilt. Is their anything I can do to mitigate this to keep my Yetzer hara from using it as a tool to push me to sin again?

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Re: Nothing to lose - Update 88

Posted by gye365s - 20 May 2024 17:33

[notezy wrote on 20 May 2024 16:50:](#)

On a practical level it's been a few hours and I am trying to keep my spirits up but on the inside I am starting to get feelings of depression/guilt. Is there anything I can do to mitigate this to keep my Yetzer hara from using it as a tool to push me to sin again?

Please don't feel down. If we never failed then we could never accomplish. Who is more impressive, someone who gets up once or the one who gets up after falling 100 times? Every time you choose to keep fighting and not give in creates a you that is higher than every you before. This new you is stronger, and the old you's past does not have jurisdiction in the new you's future. Every time is the last time for as many times as it takes. You have proven that your yearning is to battle and defeat this yetzer hara and not to give in – so you have absolutely nothing to feel negative about. This is part of your journey. Now you take the next step in the same direction you were going before. It's not all or nothing. You had 8 precious days, many precious days before that, and many many more to follow. Those didn't go anywhere. The rest of today will be even more precious when you turn it around and make it your new first last day.

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Re: Nothing to lose - Update 89
Posted by notezy - 21 May 2024 06:12

Alright start of day 1.

"This is the first day of the rest of your life!"

I think it's been 118 days since I started this challenge.

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Re: Nothing to lose - Update 89
Posted by notezy - 21 May 2024 11:23

Finished chapter 25 of TBOTG I haven't read it in a while the ending of the chapter was talking about celebrating each victory and mentally emotionally physically if we do this it will give us

strength to push forward...

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Re: Nothing to lose - Update 89

Posted by notezy - 21 May 2024 17:00

In Jerusalem today davning at the kotel for eveyone.

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Re: Nothing to lose - Update 90

Posted by notezy - 22 May 2024 05:08

Day 2 Start

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Re: Nothing to lose - Update 90

Posted by notezy - 22 May 2024 07:45

Updated my Lock settings patched the hole in the fence I talked about in my last fall.

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Re: Nothing to lose - Update 90

Posted by notezy - 22 May 2024 12:27

A little apathetic today been trying to figure out why... I went to the gym and yehsivha.. getting those feelings you grt in the beginning after a fall of "u had a taste of tivah and you want more" not sure what to do with them pushing it away and pretending it's not there might leave it dwelling in the subconscious... bringing it up to face it doesn't help because then your focusing on thinking about the things you shouldn't be thinking about so I am settling for discussing and writing about it here and then moving on.

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Re: Nothing to lose - Update 90

Posted by chancy - 22 May 2024 15:32

[notezy wrote on 22 May 2024 12:27:](#)

A little apathetic today been trying to figure out why... I went to the gym and yehsivha.. getting those feelings you grt in the beginning after a fall of "u had a taste of tivah and you want more" not sure what to do with them pushing it away and pretending it's not there might leave it dwelling in the subconscious... bringing it up to face it doesn't help because then your focusing on thinking about the things you shouldn't be thinking about so I am settling for discussing and writing about it here and then moving on.

You know what you do? You find that roaring lion deep inside of you that wants to scream and you let it out!

Scream

"I DONT WANT ANY OF THIS ANYMORE"

I WANT TO STAY CLEAN, FOCUSED, HOLY, PURE

I DO NOT NEED TO ACT ON MY LUST, I CAN MOVE ON

ARRGGGHHHHHH!!!

Stop being so nice and gentle and waiting to feel free. Fight you way thru a desire! Now you are free.

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Re: Nothing to lose - Update 90

Posted by notezy - 22 May 2024 19:56

Ending day 2

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Re: Nothing to lose - Update 90

Posted by notezy - 23 May 2024 12:47

Mid day 3.

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Re: Nothing to lose - Update 90

Posted by notezy - 23 May 2024 20:18

Finishing day 3 I am on my way back to where I was. I am proud of myself.

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Re: Nothing to lose

Posted by Changeisgood121 - 23 May 2024 20:50

This helped me a ton thank u

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