

Nothing to lose

Posted by notezy - 24 Jan 2024 15:01

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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 91

Posted by notezy - 23 May 2024 21:17

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12AM technically day 4

Since its the end of the week I thought I would comment on how I am doing without YouTube and spotify. This is going to be the second week and I have gotten used to not thinking about wanting to go on it every day some days I dont think about it at all... 24six helped with that. Every once in a while I want to go watch a video from the creators I liked. Somthing I was thinking from the beginning was I am not watching stuff on my devices but much like when I quit video games the occasional use of someone else device with boundaries of course I am okay with... thats not happening during the 30 day challenge... no unfiltered devices.. anyways one of the things that is bothering me with 24six is their are so many jewsih podcasts from either people I know or I used to listen on spotify and most of them aren't on 24six ... its lacking content it's still better than nothing but looking for shiruim podcasts I found nothing I really liked on there. I think it will also get a bit easier after lag baomer when I can listen to normal music on there. Alright thats all for now.

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Re: Nothing to lose - Update 91

Posted by notezy - 23 May 2024 21:47

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According to gye stats out of the last 90 days I have been 70 days clean total.

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Re: Nothing to lose - Update 91  
Posted by frank.lee - 23 May 2024 22:49

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I think they have Rabbi Kalish on 24six.

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Re: Nothing to lose - Update 91  
Posted by gye365s - 23 May 2024 23:02

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I don't know these things, but is there a way to download content to transfer and listen to on a kosher device?

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Re: Nothing to lose - Update 91  
Posted by vehkam - 23 May 2024 23:22

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[frank.lee wrote on 23 May 2024 22:49:](#)

I think they have Rabbi Kalish on 24six.

Yes. New speech almost every day.

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Re: Nothing to lose - Update 91  
Posted by notezy - 24 May 2024 03:42

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Who is that

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Re: Nothing to lose - Update 91  
Posted by notezy - 24 May 2024 03:43

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[vehkam wrote on 23 May 2024 23:22:](#)

[frank.lee wrote on 23 May 2024 22:49:](#)

I think they have Rabbi Kalish on 24six.

Yes. New speech almost every day.

Who is that

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Re: Nothing to lose - Update 91  
Posted by notezy - 24 May 2024 03:45

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[gye365s wrote on 23 May 2024 23:02:](#)

I don't know these things, but is there a way to download content to transfer and listen to on a kosher device?

Yes I guess I could do this but not for all shiurim u cant get stuff off spotify...

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Re: Nothing to lose - Update 91

Posted by redfaced - 24 May 2024 12:11

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I dont know how exactly, but there are bookmarklets that can grab off spotify, youtube ect..

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Re: Nothing to lose - Update 91

Posted by frank.lee - 24 May 2024 12:59

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Rosh Yeshiva of Waterbury. Check it out. I've heard him speak. Sheer awesomeness!

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Re: Nothing to lose - Update 91

Posted by notezy - 24 May 2024 13:36

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[redfaced wrote on 24 May 2024 12:11:](#)

I dont know how exactly, but there are bookmarklets that can grab off spotify, youtube ect..

U run into the halchic issues of piracy with that I am pretty sure

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Re: Nothing to lose - Update 91

Posted by notezy - 24 May 2024 13:37

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I'll check it out.

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Re: Nothing to lose - Update 92

Posted by notezy - 24 May 2024 13:38

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Mid day 4 early shabbos signing off for now.

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Re: Nothing to lose - Update 93

Posted by notezy - 25 May 2024 18:03

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Day #5

Enjoy Lag Baomer!

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