

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 Muttel - 28 Jul 2024 14:54

Notezy, at the risk of sounding pushy, see what I commented here
(guardyoureyes.com/forum/4-On-the-Way-to-90-Days/407520-Nothing-to-lose?limit=15&start=405#415956).

I'd mention it again as it literally gave me my life back after going through cycles like yours. Would you reach out to HHM (michelgelner@gmail.com)? You won't regret it!!! He's kind, sweet, easy to talk to, and many many other great adjectives you can think of!

Give it a shot, you have nothing to lose!

With much brotherly love - and a hug!,

Muttel

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Re: Nothing to lose

Posted by notezy - 28 Jul 2024 20:27

[Muttel wrote on 28 Jul 2024 14:54:](#)

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Yes I do talk to him.

about once a month I try to call in. I'll be honest this fall could have been avoided by vigilance in
the department of just keeping to a program like reading the book or f2f.. tried doing some f2f
stuff this afternoon after that fall.

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Re: Nothing to lose

Posted by notezy - 30 Jul 2024 04:40

Fall this morning

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Re: Nothing to lose - Update 111

Posted by BenHashemBH - 30 Jul 2024 13:36

[notezy wrote on 24 Jul 2024 20:25:](#)

my opinions on free will don't help...(a long discussion needs to happen at some point)

Brother NotEzy, who do you have to talk to?

Talking to HHM once a month is beautiful. Have you considered talking to one or more people more frequently, perhaps 1-2 times a week?

When your life is positive, it helps you fight the urges. But what if the falls are making it more difficult to find yourself? It's a catch 22 and you may need to break that cycle by, as you say "embracing the suck" long enough to catch your breath and focus.

It hurts to see you taking hit after hit and it's a real inspiration that you stay standing every time. Praying for you to find what you need.

Kol tov

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Re: Nothing to lose - Update 111

Posted by notezy - 30 Jul 2024 14:14

Thats something to try contacting people more often even when things go well but I don't always get through

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Re: Nothing to lose - Update 112

Posted by notezy - 30 Jul 2024 20:24

I am not posting daily anymore because I decided not to count the days for now like I said in an earlier post

but I think I might try doing some updates every once in a while aside from marking when I have

a fall...

so anyways despite the fall I had this morning things are good.

Trying to think of what I could talk about "fall" I saw someone using it on here and adopted it into my own vocabulary to replace "ending streak" I found it helpfull switching these words to reframe "falls" and it's part of what I have used to be less emotionally drained by the battle and the falls is one of my tools to help me bounce back quicker. I know it sounds like such a simple little thing but I thought I would share it.

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Re: Nothing to lose - Update 113
Posted by notezy - 02 Aug 2024 15:54

Had a fall today. I finally got a call back from dov today. We talked it was worth it. Have a good shabbos.

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Re: Nothing to lose - Update 113
Posted by notezy - 04 Aug 2024 09:57

Another fall last night

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Re: Nothing to lose - Update 113
Posted by notezy - 04 Aug 2024 16:04

And a fall this afternoon

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Re: Nothing to lose - Update 113
Posted by notezy - 06 Aug 2024 19:11

Fall

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Re: Nothing to lose - Update 113
Posted by chancy - 07 Aug 2024 02:50

Reb Notezy,

not to be rude or anything cv, but i think you need help. Fast.

What makes you fall almost every day? i feel terrible just reading about a fall every other day.

if you need adivse or help, a lot of us are eager to help. But you gotta come out of your shell and talk to us.

good luck bro.

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Re: Nothing to lose - Update 113
Posted by notezy - 12 Aug 2024 15:44

Taking a break from even posting falls on here to refelect on why I am doing this I have talked with dov I think I am going to still be in touch but I am going to try to follow what yields best results and this ain't it anymore I still might pop in if tmi have what to share that will help me... like I notice I have streets under more control but sometimes make the mistake of forgetting thst vigilance in my own home with devices.

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Re: Nothing to lose - Update 114
Posted by notezy - 25 Sep 2024 08:36

30days clean eyes as in not chasing my eyes on the internets

got help from hhm and still in contact with him. Also join dovs calls every so often.

haven't been in contact to much with people on the daily accept for hhm I guess I can get on that.

Youtube still hard to get off.

I have been looking for a good tool to block the site across my windows 10 computer I already have covenet eyes but that isint good enough for site blocking

Um I talked to tag recently and i dont know if this is a new thing or they always did this but it seems they only reccomend 3 filter options i thought i rememberd them having a wider knowledge base but i guess not. Anyways it leaves what to be desired... i want more information on parental control tools if anyone has more information on which ones are good and which ones aren't please tell me... or if u know of a good resource to find out....

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Re: Nothing to lose - Update 114
Posted by levaryeh - 25 Sep 2024 11:24

Wow wow wow ! I just read your thread, you have amazing koach to get back up every time

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