

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 33

Posted by notezy - 12 Mar 2024 22:17

12:05 AM Day 6 starting in good spirits and still a bit overwhelmed again by stuff but otherwise doing well

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Re: Nothing to lose - Update 33

Posted by notezy - 12 Mar 2024 22:18

12:05 AM Day 6 starting in good spirits and still a bit overwhelmed again by stuff but otherwise doing well

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Re: Nothing to lose - Update 33.1

Posted by notezy - 13 Mar 2024 09:22

Mid day 6: I decided to read part of the chapter of TBOTG today.

its a big chapter and i dont have time for the entire thing.

I am still trying to manage my schedule and take the bloat out

I still think I am at risk of overwhelming myself again. When I do that I give myself unnecessary stress.

I found that somthings came up this week and overwhelmed me because they got pushed off 1 day and it cascaded with a bunch of other things. Also this week a few things happend that threw off my schedule like my Yeshivahas fundraiser and the dryer braking...

So I guess what I am saying is I have excuses...

I am going to take it in stride and cut back on some more things this week and hopefully I will get everything flowing normally again by next week.

I see overwhelming myself as a big trigger for desire because it usually leads to ignoring my schedule and that open schedule leads to falls.

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Re: Nothing to lose - Update 33.2

Posted by notezy - 13 Mar 2024 16:44

After talking with someone about it I came to my own conclusion about when and what I am going to write it down... basically if I go somewhere I am going to count all travel in 1 entry and at work the same so I am not constantly writing about urges and have time to live my life...

I also got some other good advice talking to him going to take into consideration...

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Re: Nothing to lose - Update 34

Posted by notezy - 14 Mar 2024 05:38

Start of Day 7

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Re: Nothing to lose

Posted by proudyungerman - 14 Mar 2024 13:50

Keep up the good work!

Rootin' for you out here in the sticks!

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Re: Nothing to lose - Update 34

Posted by funbuchur - 14 Mar 2024 16:57

Wow keep going!

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Re: Nothing to lose - Update 34.1

Posted by notezy - 14 Mar 2024 17:03

This has been a long time issue but I just want to vent about it.

I am stuck at work and have to avoid places because of arvah and not tznius women it's F*****
Annoying. And I see it anyways because it's a small place. I want to get out of this place so
badly. Wish I could just quit but I need the money right now.

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Re: Nothing to lose - Update 34.1

Posted by chancy - 14 Mar 2024 17:13

I hear your frustration loud and clear and i feel it as well.

Daven to Hashem to save you from such nisyonoes, If its mamesh a problem, then you should consult with a Rav.

Parnassa comes from Hashem and He doesnt want you to fall, so if you cant fix it at your place, maybe its time to put some feelers out.

Again, talk to a Rav first.

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Re: Nothing to lose - Update 34.1

Posted by notezy - 14 Mar 2024 17:23

Thank you I'll try that when I see him next sunday he is already somewhat aware of the problems I have at work they are not just limited to this.please daven for me if you dont mind.

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Re: Nothing to lose - Update 34.1

Posted by notezy - 14 Mar 2024 17:25

Thank you I'll try that when I see him next sunday he is already somewhat aware of the problems I have at work they are not just limited to this.

please daven for me if you dont mind.

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Re: Nothing to lose - Update 35

Posted by notezy - 17 Mar 2024 07:31

Day 10 start:

I was unable to finish what I had to last week

which leaves my going into this week frazzled and unhappy.

I am not sure what I can do to lighten my load but I am worried because I see it affecting my mode.

I see myself going into doom and gloom mode which generally leads to: I can't handle my life > low self esteem > and a fall.

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Re: Nothing to lose - Update 35

Posted by notezy - 17 Mar 2024 07:31

Day 10 start

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Re: Nothing to lose - Update 35.1

Posted by notezy - 17 Mar 2024 14:06

I had a fall today,

and part of it was that self fulfilling prophecy above.

I see it almost as a precursor, I see the signs.

But I don't know what to do.

I don't think it had so much to do with overwhelming myself with stuff "to do" but I got on overwhelming feeling of: I couldn't handle "it" (being the pressure of staying clean).

YH attacks me from 2 angles the doubts and also the "give in you had a good run" pat yourself on the back and restart.

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