

What defines a setback

Posted by s613 - 26 Aug 2024 16:05

When you check in, you are asked if you had any setbacks recently. If I had a setback that was not P or M, let's say listening to something I shouldn't have, I don't think it should count as a setback to break the number of days in a winning streak. I think the streaks should be counting P or M or worse.

1. So how do you define a setback?

2. If in the end I decide it should not be considered a setback, is there a way to undo my report of a setback?

Thanks

=====

=====

Re: What defines a setback

Posted by chosemyschem - 26 Aug 2024 16:10

The 90 day chart has official rules: guardyoureyes.com/tools/90-day-chart/rules

Obviously, it's your chart and no one is clicking the little buttons for you. So it's up to you to draw the lines and decide how you want to follow those rules and make the judgment call if it was a fall or not. I don't know if it's possible to change a selection once you made it.

=====

=====

Re: What defines a setback

Posted by yitzchokm - 26 Aug 2024 17:05

You can edit. It works but I never tried doing it for a setback. I wouldn't call anything in the rules not as bad as P&M. They are different forms of the same problem. I think it would have to be listening to sexually charged music according to the rules and not simply listening to non-Jewish music.

=====

====

Re: What defines a setback
Posted by s613 - 08 Sep 2024 08:07

Thanks

=====

====