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Overcoming challenges Posted by Zedj - 18 Oct 2020 06:22

I've been struggling with porn for more then a few years. Whenever I thought I could stop, somehow or another I found myself right back at square one.

I really hope with the help of hashem that I can overcome my challenge

I forget the source for what I'm about to say but I remember hearing that if someone sees that he has a challenge in fulfilling a certain mitzvah then he knows it's one of the missions he was brought into the world for and the fact he has this challenge shows he can overcome it.

It seems like this generation has been given a challenge like no other but the fact we have the challenge means we have the power to overcome it.

For that reason I am sharing my journey and hope I can overcome my own personal challenge and maybe help another.

I don't know how many times I will update my journey but I plan to make it more of a personal diary.

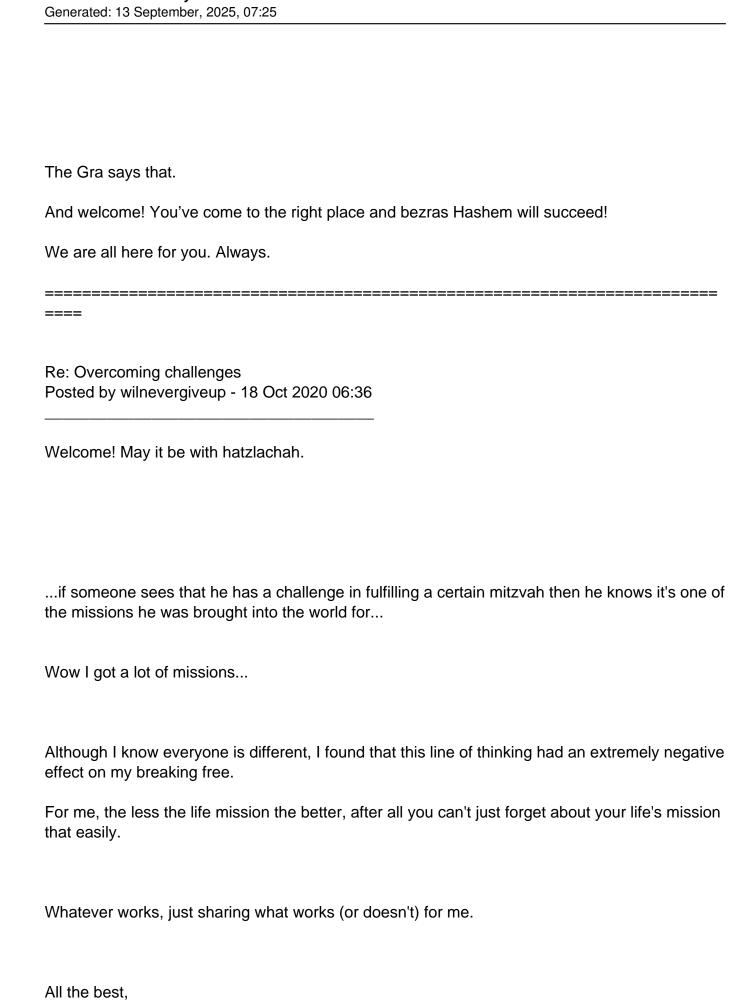
Feel free to comment

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Re: Overcoming challenges Posted by YeshivaGuy - 18 Oct 2020 06:35

Zedj wrote on 18 Oct 2020 06:22:

I forget the source for what I'm about to say but I remember hearing that if someone sees that he has a challenge in fulfilling a certain mitzvah then he knows it's one of the missions he was brought into the world for and the fact he has this challenge shows he can overcome it.



GYE - Guard Your Eyes

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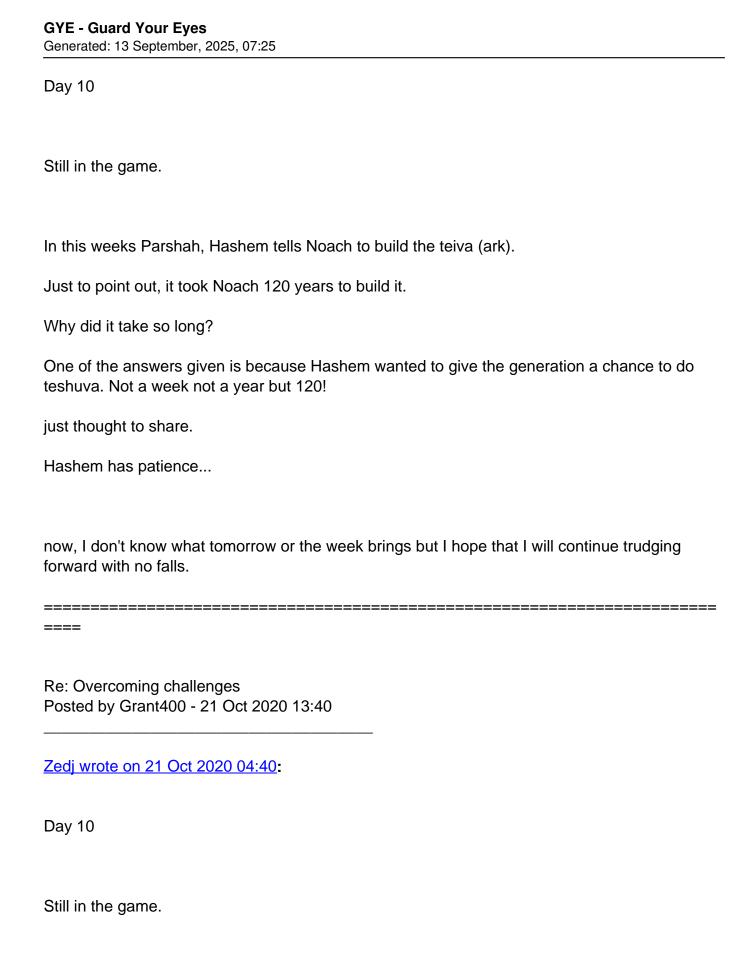
Wilnevergiveup
=======================================
Re: Overcoming challenges Posted by Zedj - 18 Oct 2020 06:37
My journey on this forum is gonna be starting from day #7.
I started to get some urges but I hope to overcome them.
====
Re: Overcoming challenges Posted by DavidT - 18 Oct 2020 18:21
Zedj wrote on 18 Oct 2020 06:37:
My journey on this forum is gonna be starting from day #7.
I started to get some urges but I hope to overcome them.
Each person has his own opportunity to serve Hashem in his unique situation. We cannot compare people, because we cannot know what someone would do had he been given another's life-setting and natural temperament. Although people seem to respect outward success, that is not the true measure of greatness. Greatness is accomplishment in the face of great challenge. It is putting in the effort when we are struggling to succeed.
Understanding this causes us to appreciate our incredible opportunity: We can reach the greatest heights by controlling ourselves when challenged with desire. Because it is so difficult to overcome the yetzer hara, defeating him is an incredible achievement!

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Re: Overcoming challenges Posted by Hashem Help Me - 18 Oct 2020 19:02
Welcome. Iyh with loads of hatzlocha! Statistically the guys who stay connected break free so looking forward for more posts. What are your triggers?
=======================================
Re: Overcoming challenges Posted by Zedj - 19 Oct 2020 04:26
Day 8
Thank you all for reaching out and showing your support, tips, and encouragement.
It really means alot.
====
Re: Overcoming challenges Posted by Zedj - 19 Oct 2020 04:43
Thank you.
I had not planned to post daily but because of what you said I will try to post as often as possible.
As for triggers, I think it comes down to provocative movie scenes and/or provocative images
So I try to stay away from these triggers as much as possible.

Re: Overcoming challenges

Posted by Zedj - 21 Oct 2020 04:40



My dear friend, you will always, always be in the game. There's absolutely no escaping the game. The question just is: Will you be winning or losing?

Grant
=======================================
Re: Overcoming challenges Posted by Striving to be good - 21 Oct 2020 16:11
Zedj wrote on 21 Oct 2020 04:40:
Day 10
Still in the game.
You are amazing!!! And remember, amazing people will make it!
====
Re: Overcoming challenges Posted by Im Tevakshena Kakasef - 21 Oct 2020 19:50
Grant400 wrote on 21 Oct 2020 13:40:
Zedj wrote on 21 Oct 2020 04:40:
Day 10
Still in the game.

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My dear friend, you will always, always be in the game. There's absolutely no escaping the game. The question just is: Will you be winning or losing?
Grant
This. And look in the mirror. That's your competition.
Hatzlocha in your journey.
====
Re: Overcoming challenges Posted by Zedj - 25 Oct 2020 05:43

Day 14

kept you guys all in suspense ??

from my personal experience around the 2 week stage things get tough.

Shabbos was kinda crazy, somehow fantasies kept popping into my head.

I just keep reminding myself to take it day by day.

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