

## Overcoming challenges

Posted by Zedj - 18 Oct 2020 06:22

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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 - 22 Dec 2020 00:09

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[Zedj wrote on 21 Dec 2020 22:06:](#)

28 days clean

We will start today from the beginning....

(Deep breath)- I wasn't going to post about this because it's really not something I'm worried about or necessarily feel bad about because it was not in my control but I feel I should.

I had a wet dream this morning, I don't feel bad about it (maybe I should) it happened. Many factors could've caused it to happen..it was a hot room so that could've been it.

I usually try to sleep on my side so that this doesn't happen.

What should I do? It's not in my control.

But what does bother me is that I don't usually remember dreams ECT ECT. The dream was very vivid. I know I couldn't control it and not my fault. So as far as I'm concerned I will keep on counting.

So did I! And yup was vivid dream, not an appropriate one either.....

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Re: Overcoming challenges

Posted by Hashem Help Me - 22 Dec 2020 02:03

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An unprovoked wet dream is a good sign buddy. Your subconscious mind is getting the point that consciously you are not doing this stuff any more. Yes, it may be unpleasant, but the good news is that eventually they recede too as you rewire your brain. Congratulations and happy birthday! It must feel good to enter a new year as a loyal servant of Hashem, staying holy, and inspiring others.

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Re: Overcoming challenges

Posted by 90dys - 22 Dec 2020 20:00

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Happy Birthday zedj.

Keep on making Klal Yisrael proud!

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Re: Overcoming challenges

Posted by Zedj - 22 Dec 2020 20:30

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A person is supposed make a cheshbon hanefesh and contemplate where he is at, where he wants go ect ect.

The best times is at an end of something

For example- at the end of the day, week, month or year.

I think if I would be a stock in the stock market, I would be slowly edging my way up.

I have much work to do but it's just the beginning

Wishing all of you and your families much health, parnossah, happiness, success and fulfillment.

And of course the willpower and strength to overcome this nasty nisoyon of lust that comes in all different ways.

Wishing you all only good.

Thank you for the birthday wishes!

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Re: Overcoming challenges  
Posted by Zedj - 22 Dec 2020 20:31

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I almost forgot!

L'chaim!

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Re: Overcoming challenges  
Posted by Zedj - 23 Dec 2020 04:15

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29 days clean

Today was a busy, jam packed day.

For the next few weeks I'll be learning for a smicha test.

Looking forward to not being idle and thinking about nonsense.

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Re: Overcoming challenges  
Posted by Zedj - 24 Dec 2020 05:38

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30 days clean

I would like to give myself a big pat on the back for 30 days of being clean!

73 days cumulative days from when I started!

Busy day again BH.

Wishing you all the best and much success!

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Re: Overcoming challenges  
Posted by Lou - 24 Dec 2020 07:04

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Mazel tov!

Looking forward to the day I can experience the wonderful feeling you must have right now.

Thank you for all your inspiration.

Lou

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Re: Overcoming challenges  
Posted by Grant400 - 24 Dec 2020 14:16

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Amazing! Thanks for sharing. Many more!

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Re: Overcoming challenges

Posted by Zedj - 25 Dec 2020 01:25

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31 days clean

Hashem created tzaddikim, who serve him through their thought, speech and action. Their only desire in this world is to be united with Hashem and fulfill his desires and make this world a dwelling for Hashem ..it's like a sweet dish or a sweet pleasure that Hashem enjoys.

Hashem created a Beinoni, a person that is standing in the front line of a constant daily battle, every step he takes to connect to Hashem the yetzer hora swipes at him trying to hold him back from fulfilling Hashem's rotzon whether through lust, urges, desires, thoughts, depression, sadness sometimes unfortunately pain. When the person withstands and is victorious in fulfilling Hashem's rotzon he is called a Beinoni...it's like a spicy dish or a type of zynger that is pleasant to Hashem

Hashem likes a range of delicacies!

We are battling every day...and I hope one day that we will be free from lust with Hashem's help.

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 25 Dec 2020 05:00

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Question for the rabim.

Forgive me for trying to understand a very important/element on fighting this battle.

How would you all define a trigger?

I know everyones trigger is different but

Is it anything that I see that starts a fantasy ?

(But stops there)

Or first you think of a fantasy then you have an urge to act out? (The thought of acting out)

Does it matter?

I have been thinking about this.

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Re: Overcoming challenges

Posted by Captain - 25 Dec 2020 05:47

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I would say that it's anything that causes you to have increased tayvah. Whether it's something lustful or even something random but you know for you that it reminds you of something, etc.

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Re: Overcoming challenges

Posted by YeshivaGuy - 25 Dec 2020 05:58

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I define a trigger as anything which makes my heart start beating super fast with Taiva.

For me it's even hearing certain names (which I associate with people) or even certain scents...

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There are some very real nafka minas I can take out from your opinions

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Re: Overcoming challenges  
Posted by Lou - 25 Dec 2020 05:59

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I would also say it means anything that increases taiva weather or not it leads to anything. I am curious to know what the nafka mina is...

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Re: Overcoming challenges  
Posted by Realestatemogul - 25 Dec 2020 06:16

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A trigger would be a post that gets you to think of triggers.....

I am nervous by your question, just because I assume you are using trigger as bad thing. However, sometimes there are triggers we can't avoid and something that maybe aren't triggers that we can and should avoid.

I guess my definition is - A trigger is anything you have the ability to avoid that can prevent you from doing averios.

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