

## 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 Lou - 12 Jan 2021 06:37

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[Zedj wrote on 12 Jan 2021 05:09:](#)

49 days clean

BH I'm clean!

Tomorrow morning I'll be be having a test on Baser Vecholov....so off to bed I go.

BEZH tommorow you all can call me "Rab"

With Hashems help all will be good.

Wishing you all well

Hatzlocha on your Bechina! As you just went through a Sefiras haomer(49 days) there is no doubt that you are now really ready to mekabel the Torah and do amazing on your test.

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Re: Overcoming challenges

Posted by Grant400 - 12 Jan 2021 13:16

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[Zedj wrote on 12 Jan 2021 05:09:](#)

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When you will be a Rav and the yetzer tries to entice you to sin, tell him "I will NOT do that!"  
Make it such a strong "not", it will be a "not bar not!"

Hatzlacha!

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Re: Overcoming challenges  
Posted by Zedj - 13 Jan 2021 04:38

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50 days clean

Thank you all for the encouragement!

I know the olom are biteing their nails wondering if I passed.....

1/3rd down!

As you can imagine the stress levels are slightly below average.....

With Hashems help we will continue trudging forward one day at a time.

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Re: Overcoming challenges

Posted by Zedj - 13 Jan 2021 04:45

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[Zedj wrote on 12 Jan 2021 05:09:](#)

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Hatzlocha on your Bechina! As you just went through a Sefiras haomer(49 days) there is no doubt that you are now really ready to mekabel the Torah and do amazing on your test.

The amount of pressure and "fear".....it was pretty close to matan Torah

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Re: Overcoming challenges

Posted by Zedj - 13 Jan 2021 04:47

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[excellence wrote on 12 Jan 2021 06:08:](#)

Seeing what a hard worker you are, I'm positive you will do well!

Hatzlocho Rabo,

Excellence

Oh, btw, in my eyes you already are a 'Rabbi'. Think from tomorrow I will be calling you ?????

Halevey! One day I'll be deserving of such high caliber titles.

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Re: Overcoming challenges

Posted by Zedj - 13 Jan 2021 04:50

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[Zedi wrote on 12 Jan 2021 05:09:](#)

?????? ???? ?? ???? ?????!!

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Wishing you all well

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Make it such a strong "not", it will be a "not bar not!"

Hatzlacha!

Love this!!

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Re: Overcoming challenges  
Posted by Zedj - 14 Jan 2021 05:53

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51 days strong.

BH was a good day.

I had a strong flashback to the olden times this morning.

Apparently...it's normal.

The battle of deception has become (i think) alittle easier.

I hope it continues this way.

Wishing you all well[spoiler][spoiler]

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Re: Overcoming challenges

Posted by Ish MiGrodno - 14 Jan 2021 07:16

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Zedj,

While anyone would acknowledge that passing a test on Yoreh Deah equals success (and it it is! ....mazel tov!), us folks on GYE know what the greatest measuring stick of gadlus is. (and it isn't even close : )

You're the man!

Ish Migrodno

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Re: Overcoming challenges

Posted by Zedj - 15 Jan 2021 05:48

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52 days clean

With Hashems help I am 52 days clean.

What can I say?

I continue to amaze myself that it is possible to control the beast.

I think having a firm "**NO** I'm not crossing that line" really helps in the hand to hand combat.

Also what has really helped me is

if your in a situation that you have an opportunity to fall, you have to slow down the process from the "thought" to actually acting out. It gives time to ask yourself if this is something you really want to do.

So no matter what happens, at least you know your not a robot....the choice will be in your hands.

Excuse my unsolicited advice.

Wishing you all well

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Re: Overcoming challenges

Posted by Hashem Help Me - 15 Jan 2021 10:42

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[Zedj wrote on 15 Jan 2021 05:48:](#)

52 days clean



With Hashems help I am 52 days clean.

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So no matter what happens, at least you know your not a robot....the choice will be in your hands.

**Excuse my unsolicited advice.**

Wishing you all well

Please give advice buddy.

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Re: Overcoming challenges

Posted by Zedj - 15 Jan 2021 20:51

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53 days clean

Wishing you all an easy shabbos.

Wishing you all the best!

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Re: Overcoming challenges

Posted by anothershot - 15 Jan 2021 20:58

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Amazing! Keep going strong brother!

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Re: Overcoming challenges

Posted by Zedj - 17 Jan 2021 02:16

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54 days clean

Shabbos was really nice BH.

Every Friday night for the past few weeks.....I had a vivid fantasy dream.

It's the weirdest thing.

Anyone here a mumcha in these things? Any kabbalists here?

They say dreams are 1/60th prophesy....

I'd much rather pass on the prophecies though.

I've been told to completely ignore the dreams/fantasies so this post is in itself a violation of that.

**Warning: Spoiler!**

Wishing you all a gut voch

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Re: Overcoming challenges

Posted by Hashem Help Me - 17 Jan 2021 04:09

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As long as you are not in violation of the Torah, don't beat yourself up. Waking up wet after a dream is not geshmak, so even though we advise ignoring these situations, you can share your feelings about them.

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Re: Overcoming challenges

Posted by Lou - 17 Jan 2021 17:09

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You are always an inspiration and I am enjoying following your journey. I do not know much about dreams. I can only share my experiences. Many times people sleep longer or later on Friday night /Shabbos morning. This can lead to more vivid dreams especially if you wake up and realize you can sleep later. The sleep for the next while can have very vivid dreams.

Just follow the advice of the Mumchim/Rabanim regarding these things. I am just sharing as a friend.

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