

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 Zedj - 18 Jan 2021 03:40

55 days clean

@lou thank you for your thoughts on my predicament.

I thought of something similar that can play a role.

It's possible that during the week my conscious is sort of suppressed and on shabbos, Friday night perhaps I'm way more relaxed and alot more loose..

Not sure if that makes.

I've started going through old threads from the begining of GYE, there are some real treasures.

Unfortunately I didn't save the authors name but here is something I thought was interesting:

" As tzit-tzit remind the hands to perform mitzvot, so to do the peyyot remind my eyes to obey mitzvot!"

Anyone know if there is a source for this?

Wishing you all well!

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Re: Overcoming challenges
Posted by Zedj - 19 Jan 2021 04:52

56 days clean

10 minutes to 12:00 then we activate.....zen mode.

Keeping it one day at a time.

Wishing you all the best

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Re: Overcoming challenges

Posted by Realestatemogul - 19 Jan 2021 05:25

You are awesome!! Keep it up!!!

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Re: Overcoming challenges

Posted by Zedj - 21 Jan 2021 05:46

58 days clean

Thank you @R.E.M for the shout out!

Today was a stressful day but I hope to be back in shape tomorrow.

I'm not sure if it's because the winter is getting to me or because it was laundry day...

I guess we will find out eventually.

One day at a time!

Wishing you all well

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Re: Overcoming challenges

Posted by Zedj - 22 Jan 2021 06:49

59 days clean

Pulling through here BH

Wishing you all well

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Re: Overcoming challenges

Posted by excellence - 22 Jan 2021 06:55

[Zedj wrote on 22 Jan 2021 06:49:](#)

59 days clean

Pulling through here BH

Wishing you all well

and pulling all of us with you too!!!

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Re: Overcoming challenges

Posted by willdoit - 22 Jan 2021 16:56

[Zedj wrote on 22 Jan 2021 06:49:](#)

59 days clean

Pulling through here BH

Wishing you all well

Keep going!!! every clean minute is a diamond.

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Re: Overcoming challenges

Posted by Zedj - 22 Jan 2021 21:43

60 days clean

Thank you excellence and willdoit

Wishing you all well and a good shabbos!

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Re: Overcoming challenges

Posted by Realestatemogul - 25 Jan 2021 03:52

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Re: Overcoming challenges

Posted by Ish MiGrodno - 25 Jan 2021 04:40

Wow Zedj, mazel tov on this truly remarkable accomplishment!

?Please reflect and let us know what has been working for you?

i.e., what three pieces of advice would you give to a newbie on GYE?

The zechusim you have for the chizuk that you give to others is immeasurable ~ IMG

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Re: Overcoming challenges

Posted by Zedj - 25 Jan 2021 04:40

62 days clean

I'm not having the the easiest day so thank you R.E.M for the applause.

It gave me the extra boost!

Overall good day but it got a little harder a few hours ago.

BH doing alright now.

I gotta keep my head on straight when I suddenly get a fantasy attack or when I feel weak.

What helps you ask? 1-reaching out 2-distraction

Wishing you all well

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Re: Overcoming challenges

Posted by Zedj - 26 Jan 2021 06:10

[Ish MiGrodno wrote on 25 Jan 2021 04:40:](#)

Wow Zedj, mazel tov on this truly remarkable accomplishment!

?Please reflect and let us know what has been working for you?

i.e., what three pieces of advice would you give to a newbie on GYE?

The zechusim you have for the chizuk that you give to others is immeasurable ~ IMG

63 days clean

Thank you!

Yes it truly is remarkable!

I never thought I can live 3 weeks without porn.

Now B"H I'm 63 days clean (9 weeks)!

Had a much better day today.

@Ish MiGrodno you got me thinking!

I wil BEZH post about what has helped me in the near future.

Wishing you all well

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Re: Overcoming challenges

Posted by Realestatemogul - 27 Jan 2021 04:50

You are doing great! Look how far you have come!

?Every day you are a different person, and have new capabilities from reaching new heights!

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Re: Overcoming challenges

Posted by Zedj - 29 Jan 2021 20:37

67 days clean

Thank you R.E.M!

Every day I thank Hashem for a clean day and I daven that I don't lose control over myself.

When I say modeh ani in the morning besides for thanking Hashem for a new day of life, I ask for a clean day, a day of proper avodah and just to be a mentch.

Yes I may struggle with some of the above, but it's the goal I wish to reach....to be a different person from what I once was.

Wishing you all a good shabbos!

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Re: Overcoming challenges

Posted by Ish MiGrodno - 29 Jan 2021 22:08

When I say modeh ani in the morning besides for thanking Hashem for a new day of life, I ask for a clean day, a day of proper avodah and **just to be a mentch**.

Wow, bli neder I will try that as well next week!

Modeh Ani may be "overlooked" by other (more obligatory) tefillos, but it is oh so powerful...

Good Shabbos, brothers!

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