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

==========

Re: Overcoming challenges
Posted by Realestatemogul - 23 Mar 2021 04:35

_____

Hey Zedj,

good for you!!

Keep on shteiging!
It is soo good to login after so many days and see you at 115 days! You made my night!

==========

Re: Overcoming challenges
Posted by Zedj - 24 Mar 2021 06:05

_____

120 days clean (4 months!)

@R.E.M I'm glad I made your night!

So just before about a half hour ago I decided I would try to look up a comedy show...turns out my filter blocks all streaming sites so that didn't work out..

I'm actually happy it didn't work out because all could've gone down hill from there.

I'm sharing the recent events to hold myself accountable since I did try hard to find a website that would let me view the show.

in other news BH I'm being kept busy and so far unfiltered devices around the house has not posed a serious problem for me...I hope it stays that way.

wishing you all well

==========

Re: Overcoming challenges
Posted by Zedj - 07 Apr 2021 05:13

_____

134 days clean

A quick update:

BH im still around and keeping up with the olom though I have not had much time to actually write and update.

Pesach was nice and although plenty of devices to use bh with hashems help im holding on and keep away from them to the best of my ability.

The few times I personally touched an unfiltered device was if others were able to see the contents or i sent a message to a fellow GYE member that I was using an unfiltered device.

I have also been in touch with some chevra off of GYE.

this is how I keep myself accountable and I hope it continues as so until I head back to yeshiva.

All you guys keep me in the straight and narrow...alot of appreciation here.

Wishing you all well!

==========

Re: Overcoming challenges
Posted by Realestatemogul - 09 Apr 2021 04:56

_____

))

I love logging into GYE after a while and seeing posts like these. Keep up the great work!!

==========

Re: Overcoming challenges
Posted by Zedj - 09 Apr 2021 23:00

_____

136 days clean

Wishing you all a very hearty good shabbos!

==========

Re: Overcoming challenges
Posted by Zedj - 13 Apr 2021 02:47

_____

140 days clean

Down day for me.

I had an unpleasant wet dream this morning.

I have thought of a few things that could've triggered me so I'm glad I can at least identify a "reason" for what happened.

Its disturbing that throughout the whole bein hazmanim I didn't have any vivid dreams (nor wake up wet as far as I remember) yet the first night in yeshiva...bam

however, I believe I can still say I'm clean according to all opinions BH.

Dont mind my rant

Onto better days ahead

==========

Re: Overcoming challenges
Posted by Realestatemogul - 13 Apr 2021 04:53

_____

I had the same problem last night. Don't even think about it - just move on.

You are awesome!

==========

Re: Overcoming challenges
Posted by Zedj - 16 Apr 2021 04:57

_____

143 days clean

BH im doing well.

Trying to get back into a good learning schedule so far it has been so-so.

BEZH I will up the game starting with a new week on Sunday.

I'm not really sure how to describe where im holding..

with Hashems help and with all the chevra here im in a much healthier place than where I was in the past.

On the other hand I don't feel grounded maybe not satisfied or comfortable with myself.

Don't get me wrong, I love myself!

Im happy with where I'm holding and extremely grateful....just I don't feel strong.

(After writing this i ask myself: would feeling strong/confident in oneself in regards to this nisoyon beneficial? Maybe it can be detrimental for the simple reason one can lose focus. Is there a good balance)

After speaking with a GYE member I'm gonna Bli Neder learn 10 minutes extra every day.

To make the 10 minutes count I'm gonna put my phone on zen mode.

Not sure this post is gonna make sense to you'all (I don't know if it makes sense to me) but at least I'm sharing my thoughts/feelings...

A nice quote I saw from R' Shais Taub-

"WE ARE NOT BAD PEOPLE TRYING TO BECOME GOOD.

WE ARE WOUNDED TRYING TO HEAL"

Wishing you all well

==========

Re: Overcoming challenges
Posted by Shower640am - 16 Apr 2021 07:03

_____

Zedj wrote on 16 Apr 2021 04:57**:**

143 days clean

BH im doing well.

Trying to get back into a good learning schedule so far it has been so-so.

BEZH I will up the game starting with a new week on Sunday.

I'm not really sure how to describe where im holding..

with Hashems help and with all the chevra here im in a much healthier place than where I was in the past.

On the other hand I don't feel grounded maybe not satisfied or comfortable with myself.

Don't get me wrong, I love myself!

Im happy with where I'm holding and extremely grateful....just I don't feel strong.

(After writing this i ask myself: would feeling strong/confident in oneself in regards to this nisoyon beneficial? Maybe it can be detrimental for the simple reason one can lose focus. Is there a good balance)

After speaking with a GYE member I'm gonna Bli Neder learn 10 minutes extra every day.

To make the 10 minutes count I'm gonna put my phone on zen mode.

Not sure this post is gonna make sense to you'all (I don't know if it makes sense to me) but at least I'm sharing my thoughts/feelings...

A nice quote I saw from R' Shais Taub-

"WE ARE NOT BAD PEOPLE TRYING TO BECOME GOOD.

WE ARE WOUNDED TRYING TO HEAL"

Wishing you all well

Amazing, man!

==========

Re: Overcoming challenges
Posted by Zedj - 23 Apr 2021 04:08
_____

150 days clean

Thank you Hashem for 5 clean months!

Thank you to all the chevra here (way to many to name) who give me tremendous chizuk every day.

I know I wouldn't be where I am now without you guys

Side note-

I do have to admit im not keeping to my daily 10 minute of extra learning...I know it sounds stupid. I guess I gotta get my act together and just do it.

Side side note-

What do you'all think of the new GYE whatsapp group?

==========

Re: Overcoming challenges
Posted by Lou - 23 Apr 2021 06:22

_____

Side side note-

What do you'all think of the new GYE whatsapp group?

Mazal Tov on 150! You are a real inspiration!

Theoretically,it sounds like a good idea...Just think I (and probably many others) are just better off without using Whatsapp at all.

==========

Re: Overcoming challenges
Posted by Hashem Help Me - 23 Apr 2021 11:24

_____

Mazel tov! Kein yirbu! Being that I don't have WhatsApp, I can't comment. However I have heard from some guys that they wish they could disconnect from it, because it has too often led to challenges. You need major discipline to know when to leave a specific group, where too much is being shared, or there is lack of discretion about what is posted.

==========

Re: Overcoming challenges
Posted by Ish MiGrodno - 23 Apr 2021 12:51

_____

Mazel tov!

My personal experience with WhatsApp:

For small personal groups (siblings, etc.), no problem. But for larger and less controlled groups, it inevitably leads to casual inappropriate remarks and pictures (all it takes is one bad apple....)

IMG

==========

Re: Overcoming challenges
Posted by EvedHashem1836 - 25 Apr 2021 19:04
_____

Mazel Tov!

Regarding the whatsapp group - I haven't heard of it where can I find this?

==========

Re: Overcoming challenges
Posted by HappyYid - 25 Apr 2021 19:20
_____

EvedHashem1836 wrote on 25 Apr 2021 19:04**:**

Mazel Tov!

Regarding the whatsapp group - I haven't heard of it where can I find this?

GYE sent the info out in an email they send out weekly. You aren't subscribed?

I could forward you the email of you want...

==========