

## 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 Zedj - 06 Dec 2022 03:06

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Here I will write my thoughts...

I had a bit of up and downs in the last few months..particularly since a little before elul.

Since that time i got a job and started dating.

Ironically I think since I've had more of a productive life I see a slow digression in my efforts in this area.

(Also I should note my learning is not too great either but lets put that on the side for now)

In general I believe I'm in a good place (and not addicted to porn...if that makes a difference) and am proud of myself in general.

Watching porn the other night felt very platonic and non exciting (i didn't even masterbate) so what was the point? Why am I looking to watch porn or explicit pictures?

I am 50% sure it's an escape..but from what?

Am I looking to escape from stress from dating? Job? Regular day to day stuff?

could it be porn is just seared in my brain as my go to method to destress or fill time?

Could it be i just like porn?

It could be. i dont know forsure.

being clean for some long periods

of time and now falling while I'm in the pasha is somewhat of a blow...

But then again hormones are all over the place and stress is high.

Not an easy time over here

In any case, I need to stop being reactive and start being proactive in this area.

this is me on a rant thinking things over and trying to make sense of myself.

Plan is to move on

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Re: Overcoming challenges

Posted by Captain - 06 Dec 2022 04:55

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[Zedj wrote on 06 Dec 2022 01:56:](#)

1 day clean!

WE ARE BACK!

Before I get too excited this is the deal.

I have 2 ideas in mind

start afresh as i did when i first started GYE:

1: Making a deal with a fellow gye member

2: Writeing out a pro/con list

3: writeing up a contract with specific conditions customized for myself

4: nightly accountability to make sure im clean

Sounds intense I know..

Idea #2

Get a kosher phone....still something i have to look into and see if it will be practical for me.

just wondering the peoples thoughts on the subject.

what would you choose and why?

Do both. Don't fall into the common trap of doing #2 so "not needing to do #1" or doing #1 so "not needing to do #2."

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Re: Overcoming challenges

Posted by OivedElokim - 08 Dec 2022 18:59

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[Zedj wrote on 06 Dec 2022 03:06:](#)

Could it be i just like porn?

This made me smile. I think that's also the most plausible theory, often overlooked on this site for not being psychologically sophisticated enough. I think it's the reason I keep falling, and it's very likely that the same is true for you...

Anyways wishing you the best of luck,

*OivedElokim*

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Re: Overcoming challenges

Posted by willdoit - 08 Dec 2022 20:55

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[Zedj wrote on 06 Dec 2022 03:06:](#)

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Re: Overcoming challenges

Posted by Human being - 08 Dec 2022 21:14

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I sent you a pm

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Re: Overcoming challenges

Posted by willdoit - 08 Dec 2022 22:37

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[Human being wrote on 08 Dec 2022 21:14:](#)

I sent you a pm

Hi,

I don't have access to the chat/pm

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Re: Overcoming challenges

Posted by jackthejew - 09 Dec 2022 11:58

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[OivedElokim wrote on 08 Dec 2022 18:59:](#)

[Zedj wrote on 06 Dec 2022 03:06:](#)

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Anyways wishing you the best of luck,

*OivedElokim*

I definitely used to just love porn, and the only downside was that it was assur and could destroy my life. So if only I hold out until marriage, then I could get out all my desires B'heter. And then my porn issue will for sure go away... Because for me when the draw was sex without the whole connection bit, and I was objectifying every lady on and sometimes off that screen, the issue was just my love of porn. And violent porn. And other fetishes. In other words, until I figured out that it's actually poisonous for me, (and that realization gets stronger the longer I'm clean), I didn't realize how much I didn't love porn. And how much connection in all relationships was being sacrificed on the altar of something that wasn't giving me what I thought it was. But that's just me.

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Re: Overcoming challenges

Posted by Zedj - 12 Dec 2022 04:52

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BH 8 days clean.

Kislev is a big month for chabad and specifically tomorrow night yud tes kislev.

The plan is to join a farbrengen and attempt to seriously set goals for myself and set up good resolutions.



On that note:

Please hold me accountable for the following

1- writeing up a pro vs con list

2- writeing up a contract

I appreciate you guys!

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 21 Dec 2022 05:18

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17 days clean!

BH doing well.

The way I keep upto date with gye posts is by looking through recent posts...its been super intense the last couple days.

Was eminiscing about last year... I had major urges during chanukah and was able to persevere.

anyway, im doing well, staying busy and bezh will persevere!

Happy Chanukah!

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Re: Overcoming challenges  
Posted by Zedj - 23 Dec 2022 04:00

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19 days clean

BH doing well.

800 cumulative days clean!

I think that is pretty big!

I don't even know what to celebrate with.....how many more doughnuts do I have to eat? Is 8 not enough?

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Re: Overcoming challenges  
Posted by Vehkam - 23 Dec 2022 05:03

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You can celebrate on the treadmill afterwards

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Re: Overcoming challenges  
Posted by Zedj - 23 Dec 2022 05:45

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[Vehkam wrote on 23 Dec 2022 05:03:](#)

You can celebrate on the treadmill afterwards

I think I just might

Re: Overcoming challenges

Posted by DavidT - 23 Dec 2022 15:00

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[Zedj wrote on 23 Dec 2022 04:00:](#)

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Yes indeed! It is VERY big! Keep it up!!

There's a joke that one of reasons for eating doughnuts on Chanukkah is that you eat it one day

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Re: Overcoming challenges

Posted by Zedj - 23 Dec 2022 18:26

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[DavidT wrote on 23 Dec 2022 15:00:](#)

[Zedj wrote on 23 Dec 2022 04:00:](#)

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Yes indeed! It is VERY big! Keep it up!!

There's a joke that one of reasons for eating doughnuts on Chanukkah is that you eat it one day

and it burns for 8 days... So just imagine thr results of eating many doughnuts

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Re: Overcoming challenges

Posted by Zedj - 03 Jan 2023 00:52

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BH 30 days clean!

Been sick since last week. Missed work today and will probably miss  
again tomorrow.

Other than that

Alot of good things going on.

Wishing you all well

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