

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 - 25 Dec 2020 07:08

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Oy!

The main reason I asked the question is because I am renewing my shtar. One of the stipulations is, if I get a trigger I have to text him.

So that's why I'm trying to define a trigger.

For example, I'm walking down the street and I see a attractive woman/girl (although ironically I try to be careful on the street) so I think a,b and c but not about acting out.....then move on with life... trigger?

Or same scenario but aquiring an urge...

Maybe I'm just overthinking this.

Thank you guys for your answers

I guess I have to make clear what a trigger is to me

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Re: Overcoming challenges  
Posted by i-man - 25 Dec 2020 07:21

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I always understood it to include negative emotions which lead one to act out , ie depression, sadness,anger, resentment, disappointment etc, as well as physical circumstances based on sleep , eating excercise etc . In fact for many - very positive things can also be a trigger because of the inability to process emotion correctly , as well as the letdown .

I'm glad this is all anonymous because this is just making me feel stupid

I may be totally misinterpreting the word please correct me if so.

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Re: Overcoming challenges  
Posted by Zedj - 25 Dec 2020 07:27

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Was just thinking that it's probably best to not distinguish at the time when/if these type of scenerios come up, maybe after the fact.

If anyone has anything to add or suggest,

Please

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Re: Overcoming challenges  
Posted by Lou - 25 Dec 2020 07:28

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I was just thinking about it again...The word trigger is not word in the Torah,nor in the Rishonim,Achronim etc. I don't think the definition has to be universal and soething you learn

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Re: Overcoming challenges  
Posted by Realestatemogul - 25 Dec 2020 16:40

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Don't feel stupid - every question is a good question!

I would say if it relating to a shtar - then you shouldn't have a specific measure for seeing a trigger but rather you should send a text anytime you **feel** triggered. You can also include if you see something that you are more sensitive to even if in that moment you aren't triggered.

Good for you for trying to know your boundaries and understanding them well!

Keep up the great work!

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Re: Overcoming challenges  
Posted by Zedj - 25 Dec 2020 21:05

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32 days clean

Thank you all for your thoughts!

I feel that by me being more aware of how I feel and being vulnerable will help me alot. Wishing you all good shabbos

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Re: Overcoming challenges  
Posted by Zedj - 27 Dec 2020 03:08

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33 days clean

After all said and done it was good shabbos

Wishing everyone a great week!

Gut voch

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Re: Overcoming challenges

Posted by Hashem Help Me - 27 Dec 2020 04:19

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[i-man wrote on 25 Dec 2020 07:21:](#)

I always understood it to include negative emotions which lead one to act out , ie depression, sadness, anger, resentment, disappointment etc, as well as physical circumstances based on sleep , eating exercise etc . In fact for many - very positive things can also be a trigger because of the inability to process emotion correctly , as well as the letdown .

You took the words right out of my mouth!

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Re: Overcoming challenges

Posted by Youngster - 29 Dec 2020 02:00

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Regarding your question about triggers, check this out, might be helpful.

[guardyoureyes.com/articles/tips-suggestions/item/understanding-triggers-in-pornography-recovery?category\\_id=16](http://guardyoureyes.com/articles/tips-suggestions/item/understanding-triggers-in-pornography-recovery?category_id=16)

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Re: Overcoming challenges

Posted by Zedj - 29 Dec 2020 03:55

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35 days clean.

Here to update:

B"H I've been busy learning.

I didn't really have much time to dwell on my bad mood today but it kept creeping up on me.

Tomorrow is a new day with a reenergized mind, body and spirit.

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Re: Overcoming challenges  
Posted by Zedj - 30 Dec 2020 04:07

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36 days clean,

I've finally reached the peak of my last streak. Now onwards we go!

36 strong!

B"H I'm mostly busy during the day so no chance think much other then G-d's word.

When I joined GYE, the battle that I decided to focus on was pornography. The reason being was because for the most part I would only be mzl if I watched.

I wouldn't just randomly go be mzl ( though, here and there I did but there isn't a pattern as far as I know)

(I had my fair share of being mzl on a daily basis and battled along time. Just making that clear...I ain't no saint ...far from one)

I'm thinking that maybe the reason I didn't just go and be mzl was because I watched so many times a week....so I didn't need to..

In general, I have not thought about mzl being a problem...I am alittle worried that if I'm not more vigilant and be careful I may chash vesholom head down a path I thought to avoid.

Obviously I have lots of work to do and with Hashems Help (the one above) I will get out of this mess that I created for myself.

Anyways these are my thoughts.

Wishing you all well and true happiness!

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Re: Overcoming challenges  
Posted by Zedj - 31 Dec 2020 04:15

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37 days clean

And now I'm trudging new grounds, I have not been at day 37 in a really long time.

I do have to say, part of my success has been to the fact that I've not had access to unfiltered devices ect ect.

My surroundings at this time is extremely helpful and conducive to this success.

Am I upset about that?

No, absolutely not! just I don't want to think about the challenges that might arrive if Im in a different climate for a certain amount of time.

Also , part of this success would never have been without all you guys here on gye rooting for me when I needed it most.

To many more unimaginable milestones on gye!

Thank you!

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Re: Overcoming challenges  
Posted by excellence - 31 Dec 2020 06:47

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At this point we need to keep reminding ourselves that the focus needs to be ODAAT.

Wer'e so proud of you,

All of us

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Re: Overcoming challenges  
Posted by Zedj - 01 Jan 2021 07:12

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38 days clean

I'm pretty amazed at myself that I'm actually 38 days clean.

I don't want to "celebrate to early" but I'm really happy about it. I'm so glad I joined gye!



Wishing you all only good!

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