

Overcoming challenges

Posted by Zedj - 18 Oct 2020 06:22

I've been struggling with porn for more than 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 Realestatemogul - 01 Jan 2021 18:15

Woohoo!!!

You are doing great! Take it day by day and watch yourself slowly rise!

Restricting yourself on the internet is very wise and means you have great self control!

Regarding worrying about other environments. DONT!

You need to do the best you can in every place Hashem puts you. Obviously, Someone in a Yeshiva setting is easier but it doesn't mean they shouldn't go home and visit their parents. However, they also should not run to a beach where they will see something bad. It is a balance.

Another point. Similar to a premature born baby - Would you say they shouldn't be in an incubator because they can't stay in that environment forever? NO! Because you know after some time of growing they will be able to go out on their own and now they just need the extra safety.

Take the opportunity of a good environment to get stronger and then when a nisayon arises you will be in a better place to fight it.

Don't be so hard on yourself and you are doing amazing!!

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Re: Overcoming challenges
Posted by Zedj - 01 Jan 2021 20:33

[Realestatemogul wrote on 01 Jan 2021 18:15:](#)

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39 days clean

Thank you for your post.

I tend to take things harder then I should.i think the last line your wrote was the hammer that hit the nail because I know I'm way too serious and i have to lighten up...alot. especially with these inyanim.

Wishing you all

A good shabbos!

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Re: Overcoming challenges

Posted by Ish MiGrodno - 01 Jan 2021 20:40

Zedj,

You are one of the most inspirational people that I know. I follow your short, yet sincere posts - the way I track my own children's endeavors.

Hashem is proud of you, but that is an understatement. I have no doubt that there is an entire section in shamayim that is dedicated - just to watching you and rooting you on. Picture an entire "room of ruchniyus beings" gathered for the sole purpose of enjoying and schepping nachas from you (It's like a spiritual Super Bowl party. Oy L'havdil, my apologies...)

Anyway, keep making us proud. And let us know the significance of your most unique name (but not if it reveals anything, of course...)

Good Shabbos, dear brother.

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Re: Overcoming challenges

Posted by Zedj - 03 Jan 2021 06:17

[Ish MiGrodno wrote on 01 Jan 2021 20:40:](#)

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Anyway, keep making us proud. And let us know the significance of your most unique name (but not if it reveals anything, of course...)

Good Shabbos, dear brother.

Thank you very much!

It means alot.

Thank you for following my posts

About my username: when I signed up to GYE I had no iota of what to expect. I mean I knew I needed help of sorts but besides that, nadda.

So I used my little known alias name "zedj" .

Sorry to disappoint!

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Re: Overcoming challenges

Posted by Zedj - 03 Jan 2021 06:38

40 days clean

B"H shabbos was nice...

Alot of unnecessary thoughts kept popping into my head today..I guess it's an extra special shabbos challenge.

To be fair, some of the environments (not all) I was in we're not the most conducive.

I guess you can say it was similar to walking down the street and I happen to see something that caused thoughts.

Wishing you all a great week!

A gut voch

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Re: Overcoming challenges

Posted by Zedj - 05 Jan 2021 06:07

42 days clean

I keep amazing myself. Every day is like breathing fresh air!

B"H I'm moving forward.

I had a Machshiva zora...

Wouldn't it nice to be free? Similar to the freedom of: running freely through a feild, the sun setting with a colorful sky while the light breeze hits my face as I run....

I'm longing for this day to become reality.

I'm definitely not "free". I have to keep reminding myself to take ONE DAY AT A TIME

I might sometimes be over confident...

I have to be careful.

These days I've been kept busy BH so not alot of time for urges or fantasy.

(I'm not worried...they know how to come back)

Last night I came across one of the most scariest threads I've ever read.

Bh it had a good ending.

These challenges can pull people down....it really scares me.

Heaven forbid if I wouldve fallen just one step lower before joining GYE...I may have never made it here.

I can't thank you guys enough

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Re: Overcoming challenges
Posted by Zedj - 06 Jan 2021 06:23

43 days clean

Learning could've been so much better today. There was just no flow..

Anyways tomorrow is another day.

I know it has definitely been mentioned before but lately I've noticed flutters of nostalgia come up from time to time.

Sort of like a empty feeling/missing something. Unfortunately I didn't have enough time to study my discovery but I'm sharing.

I'm not sure how to define it...maybe it's a real feeling of emptiness or perhaps I'm not getting the thrill I "need"?

All the best!

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Re: Overcoming challenges
Posted by Ish MiGrodno - 06 Jan 2021 07:24

No big, buddy. Your lustful routines and the ensuing (albeit short-lived) thrills created a relationship of sorts. While this escape is now far surpassed by the euphoria of self control, it nonetheless cannot be duplicated. Withdrawal is withdrawal. So my dearest zedj, why don't you articulate (aloud! into a mirror!) "Although I am suffering from withdrawal, I embrace the challenge and I am up to task to killin' it."

You're the man!

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Re: Overcoming challenges
Posted by Zedj - 07 Jan 2021 05:23

44 days clean

Thank you @IshMiGrodno!

I really got to look in the mirror more often.

B"H today was better learning.

Takeing it one day at a time.

Wishing you guys well!

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Re: Overcoming challenges

Posted by Sapy - 08 Jan 2021 06:17

Big Mazel tov Zedj for half the journey! To many more milestones!

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Re: Overcoming challenges

Posted by Zedj - 08 Jan 2021 06:42

45 days clean

Thank you @youngster for the shout out!

At the halfway point.

I hope to stay strong.

I hope I will be steadfast.

I hope I will not falter at the wake of strength!

Hashem (our father in heaven),

Thank you for giving me another chance for a first impression.

Thank you for letting me be directed to this wonderful place, to let me grow and strive to be a better person.

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Re: Overcoming challenges

Posted by Looking_to_improve - 08 Jan 2021 06:50

[Zedj wrote on 08 Jan 2021 06:42:](#)

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I hope I will be steadfast.

I hope I will not falter at the wake of strength!

Hashem (our father in heaven),

Thank you for giving me another chance for a first impression.

Thank you for letting me be directed to this wonderful place, to let me grow and strive to be a better person.

Mazeltov on halfway to 90. Keep it up

Warning: Spoiler!

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Re: Overcoming challenges

Posted by Zedj - 10 Jan 2021 04:29

47 days clean

BH shabbos was nice.

I had some unpleasant dreams but will spare the details.

There seems to be something about Friday night...I don't really know why.

Otherwise all was good

Wishing you all a gut voch!

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Re: Overcoming challenges

Posted by Zedj - 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

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