

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 excellence - 26 Oct 2020 23:30

May you see Tons of Hatzlocho, 15 days of your real self, who YOU really are. Days of Lemaalo miderech hateva, suppose you have the rights now to daven for nissim Lemaalo miderech hateva. I once davened after overcoming a hard urge for a particular Yeshua and saw a direct answer shortly after.

Hatzlocho Rabo

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Re: Overcoming challenges

Posted by Zedj - 27 Oct 2020 05:05

Day 16

I thought when I first started counting my days on this forum that it was kind of cheesy.

However I think it is very beneficial, especially when others give chizuk.

I really appreciate that.

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Re: Overcoming challenges

Posted by Zedj - 28 Oct 2020 05:57

Day 17

another day clean

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Re: Overcoming challenges

Posted by Zedj - 29 Oct 2020 06:08

Day 18.

another day in control of myself.

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Re: Overcoming challenges

Posted by excellence - 29 Oct 2020 06:13

wow, well 18 is ??, you are living the real life!!!

looking forward to hearing that day 19 went in same way.

Wishing you an easy day.

Hatzlocho rabo

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Re: Overcoming challenges

Posted by Striving to be good - 29 Oct 2020 16:37

another day in control of myself.

You should repeat the "myself". We should remember we are really what we want and hard to be.

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Re: Overcoming challenges

Posted by Zedj - 04 Nov 2020 07:13

Day 24.

I'm clean and I'm glad I am.

I won another day.

Hope everyone is doing well

I have been busy for the past few days, so if anyone was worried, I'm back.

almost 30 days!

My journey has been so far an experience, I mean sure I get urges sometimes and try my best to ignore and let it pass. I seem to be in general more passive in regards to my urges.

But ever since I started counting, it seems as though my desire or lust to search certain things has mellowed sort of....anyone else experience that?

It could be that I find myself preoccupied recently but I'm not sure..

Maybe I should get ready for a tsunami of desire to come?

I really hope that doesn't happen.

Obviously I know im on a journey and I keep reminding myself to take one day at a time.

Please Hashem, help me go in your way,
please help me, overcome this challenge.

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Re: Overcoming challenges
Posted by Hashem Help Me - 04 Nov 2020 12:18

No tsunami, but withdrawal is normal. Don't panic if it occurs. It is temporary.

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Re: Overcoming challenges
Posted by excellence - 04 Nov 2020 13:39

Wow, so glad your glad your still on track, I very much relate to the urges mellowing but the Yetzer Hora hasn't, he is guaranteed to show you from time to time that he's still around so as long as we are focused and prepared then we will show him that we haven't forgotten about him too!

Wishing you another smooth day. ODAAT!

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Re: Overcoming challenges
Posted by Zedj - 05 Nov 2020 03:33

Day 25!

was in middle of writing a whole long drasha about what we can learn from the current election (time expired) but I'm too lazy to write it all again.

In short, Hashem has a plan and in the end it will be good.

no matter your struggle or situation or how bleak it looks, "think good and it will be good"

We don't know who "won" the election but at least I had another win!

Looking forward to winning big again tomorrow!

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Re: Overcoming challenges

Posted by excellence - 05 Nov 2020 06:08

I would vote for you!!!!!!!!!!!!!!

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Re: Overcoming challenges

Posted by Zedj - 09 Nov 2020 19:17

Day 29

I feel the the only way I can continue is if I'm truthful to myself about where I'm holding.

I rediscovered one of triggers for falling back to square 1.

the problem is that I went down that path twice in the last few days since I last posted.

I have seen others on the forum write about an issue they experienced in regards to getting triggered by watching provactive scenes in movies.

Although that would be a trigger for me that is not what happened.

It was searching a title and seeing if there are provactive scenes in it by looking it up in parents guide.

Probably just as bad?

I hope I didn't cause any triggers and if I did let me know I will delete this post.

B"H I was able to stop before it continued down hill.

I'll be considering this as a slip up.

As time goes on I am starting to realize how important a filter is and there really isn't anyway I can continue to be clean without it.

I'm working on it.

Hopefully in the next few days will have one.

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Re: Overcoming challenges

Posted by Zedj - 11 Nov 2020 02:41

Day 31

I hope everyone is doing well.

for those that don't know how the YH works..

He starts with an innocent wave, if you don't stop it, the wave gets bigger and eventually knock

you over.

You have to know how to ride the wave....

As I said the past few days was hard and as I mentioned, I realized I started to spirel.

Well, i slipped way harder today.

I did not act out and I thank Hashem I had the power to stop the spirel, from hitting rock bottom.

After consulting, it is not a fall.

I will continue to count and bli neder get a filter asap.

I thank hashem I have come this far and will continue to fight, and I'll prove victorious because I have faith Hashem is on my side.

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Re: Overcoming challenges

Posted by Grant400 - 11 Nov 2020 03:09

[Zedj wrote on 11 Nov 2020 02:41:](#)

Day 31

I hope everyone is doing well.

for those that don't know how the YH works..

He starts with an innocent wave, if you don't stop it, the wave gets bigger and eventually knock you over.

You have to know how to ride the wave....

You have to stop it before it gets bigger like you wrote initially.

I saw a quote somewhere here that Hashem doesn't expect us to overcome the Yetzer Hara when we are already drowning in his waters, but he expects us to prevent ourselves from ever giving in enough to fall into such a situation.

Obviously if you did, give it your best. But the goal should be the first thing you wrote.

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