

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 Striving Avreich - 15 Feb 2021 08:54

[Lou wrote on 15 Feb 2021 04:34:](#)

I aswell had a wet dream it's not an experience I want to have.

It can be a frustrating patch but what do we expect after useing pornography as an escape for long periods of time?

It's gonna linger around for abit.

I only hope these thoughts and fantasies fade away as we work to be clean from the garbage.

I am not a Rav,therapist(at least not this kinda therapist),or expert in any way.

However,regarding wet dreams I don't think you to have blame your previous bad habits. They are a normal part of healthy males lives in (what i think is) your age bracket. Is there an element of Teshuvah that we have to do for it? Yes,but it doesn't come to the levels needed for our other issues

.When discussing Torah personalities an obvious introduction is that we don't understand them at all but just using their lives to learn from them...Yaakov Avinu was praised that Reuven was his first seed. I assume that means it wasn't common by other tzadikim. Do we think ChvSh that they masturbated?? No,it was keri or wet dreams. Meaning that even back then it happened!

I am pretty sure that even those that BH are fairly sheltered in today's world regularly have this issue. Ridding ourselves of this, is something to aspire to,but not something to be overly concerned about.

Hatzlocha!

My Rebbe told me that R' Volbe told him that R' Elya Lopian told him that in his day as a Mashgiach, 99% of Bochrin had mz"l. this obvioulsy not to say that they were addicted, did it multiple times or struggled with it for many years, but still.

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Re: Overcoming challenges

Posted by Hashem Help Me - 15 Feb 2021 10:47

Wet dreams that come unprovoked (without lusting intensely during the previous day) should be completely ignored. They are an expected subconscious experience due to past habits and will iyh eventually diminish. Much has been written about them on the forum. Just keep on moving forward and do not pay any attention to them.

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Re: Overcoming challenges

Posted by YeshivaGuy - 16 Feb 2021 05:30

I'm so so excited for the big simcha, Day 90 of the tzadik R' Zedj!!!

Keep shteiging and keep being mekadesh sheim shamayim!!

With boundless admiration,

YeshivaGuy

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Re: Overcoming challenges

Posted by excellence - 16 Feb 2021 13:53

[Striving Avreich wrote on 15 Feb 2021 08:54:](#)

My Rebbe told me that R' Volbe told him that R' Elya Lopian told him that in his day as a Mashgiach, 99% of Bochrin had mz"l. this obvioulsy not to say that they were addicted, did it multiple times or struggled with it for many years, but still.

I heard a figure similar to this, also from someone who heard it directly from R' Volbe. It really helped me at the time, feel so normal. It kind of puts things into perspective.

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Re: Overcoming challenges

Posted by Zedj - 17 Feb 2021 07:04

85 days clean

Thank you all for your responses and encouragement.

BH today was a good day. Not the most productive day but rather pleasant.

@serenity Thank you for the reminder..."one day at a time"

Wishing you all well!

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Re: Overcoming challenges

Posted by willdoit - 17 Feb 2021 16:13

[Zedj wrote on 17 Feb 2021 07:04:](#)

85 days clean

Thank you all for your responses and encouragement.

BH today was a good day. Not the most productive day but rather pleasant.

@serenity Thank you for the reminder..."one day at a time"

Wishing you all well!

Dear Zedj,

?I'm rooting for you, can't wait for your 90th day!!!

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Re: Overcoming challenges

Posted by Lou - 18 Feb 2021 03:04

I told the band ,party planners,bakers etc etc that right after they finish their party in Grodna they should head straight Zedj's Yeshiva...The next celebration is coming. The big 90 !

Can't wait!

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Re: Overcoming challenges

Posted by Zedj - 18 Feb 2021 05:59

[quote="Lou" post=363636 date=1613617483 catid=4]I told the band ,party planners,bakers etc etc that right after they finish their party in Grodna they should head straight Zedj's Yeshiva...The next celebration is coming. The big 90 !

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Re: Overcoming challenges

Posted by wilnevergiveup - 18 Feb 2021 08:27

[quote="Zedj" post=363645 date=1613627987 catid=4]

[quote="Lou" post=363636 date=1613617483 catid=4]I told the band ,party planners,bakers etc etc that right after they finish their party in Grodna they should head straight Zedj's Yeshiva...The next celebration is coming. The big 90 !

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Re: Overcoming challenges

Posted by Lou - 21 Feb 2021 16:37

We're almost there!

The music has started playing. I can smell the food cooking in the kitchen. Traffic is a snarled on all the highways heading towards Zedgeville.

You are an inspiration to us all!

90!!!

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Re: Overcoming challenges

Posted by Gevura Shebyesod - 21 Feb 2021 17:21

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Re: Overcoming challenges

Posted by Zedj - 22 Feb 2021 04:59

[Ish MiGrodno wrote on 25 Jan 2021 04:40:](#)

Wow Zedj, mazel tov on this truly remarkable accomplishment!

?Please reflect and let us know what has been working for you?

i.e., what three pieces of advice would you give to a newbie on GYE?

I don't need no highway! Bwaahahaha!

The zechusim you have for the chizuk that you give to others is immeasurable ~ IMG

90 days clean!

It's definitely not an easy nisoyon to master and overcome. This we know from the fact there are so many of us that are working on ourselves for months or even years.

I would like to share some tips that really helped me.

1- Eccept your challenge:

We all have different challenges in life. Hashem gave you a certain struggle? Come to terms with it (easier said than done).. that is what really helped me look for a way out of the mess that I created for myself. It did not happen overnight. There was alot of guilt, shame and confusion with my struggle. I realized that I have a problem. I couldn't hold out more then a couple weeks and before I new it....back to square one. Eccept the struggle. It's going to be with you probably for the rest of your life. You were never meant to be perfect but you are not free from working on yourself.

2- make the call:

most guys struggling are afraid they will not be understood. I myself was skeptical about calling someone or speaking to anyone for that matter. I promise to those that have not called a veteran GYE member, you are understood. I know the feeling....I had wanted so desperately to talk about my struggle with somebody that can understand. From when I realized and eccepted the fact I had a problem, so much time past. I wasted so much time by not calling, I can only blame myself for it. If you can please take the opportunity to speak with someone you trust in person about your struggle. If you cannot, please pick up the phone and call a GYE veteran. Don't waste prescious time. The call is hard but it will work wonders if your seriously trying to stop. The guys here at gye understand very well what your going through. If your not ready for the call, at least start your own thread and share your story. Starting my own thread and calling/texting fellow GYE members really worked wonders for me.

3-filter up: boy did I underestimate a filter. It can't be your only tool but it works! Don't go for the filters that you get in the app store that you know you can by-pass. Don't fool yourself. Get a

good filter such as netspark or gentech. Pretty much all of the other filters I've tried were bogus and a sham. There is no such thing as a perfect filter but as long as you let the filter do its job, you should be fine.

4- one day at a time: there is no magic pill to take that will make your desires/fantasies disappear rather focus on the "today now". "Now" I have choice and now I'm in control...just for today

There are so many more on hand tools to overcome this struggle but I think this will suffice for now.

Thank you all for your support, guidance, perspectives and chizuk. I could not have made it to this day without you guys!

Thank you GYE for everything you do!

I plan to continue updateing and keep myself accountable with my partner and continue my progress here.

Wishing you all much hatzlocha and continued success in this struggle that we wish we never had to overcome.

To be honest...i still despise the fact I will have a "desire" or have a fantasy of sorts and it kills me inside every time but I know now that I have the ability to control these desires and fantasies. I know Hashem is watching me and guiding me and I will have the strength to be strong and be an example for others going through a similar struggle.

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Re: Overcoming challenges

Posted by Sapy - 22 Feb 2021 05:19

Big big Mazel tov Zedj!!! May you iyh stay clean, with harchuvas hadaas!

Thanks for all your inspiration! Please dont suddenly leave us....

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Re: Overcoming challenges

Posted by Grant400 - 22 Feb 2021 22:16

Mazal tov! Beautiful! Commit to read your last post often, it will keep it fresh.

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