

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 EvedHashem1836 - 25 Apr 2021 19:37

Are we talking about the GYE boost videos or is this something else? (I'm already on a whatsapp group for the videos)

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Re: Overcoming challenges

Posted by HappyYid - 25 Apr 2021 19:38

[EvedHashem1836 wrote on 25 Apr 2021 19:37:](#)

Are we talking about the GYE boost videos or is this something else? (I'm already on a whatsapp group for the videos)

Something else

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Re: Overcoming challenges

Posted by Grant400 - 26 Apr 2021 16:30

Funny that WhatsApp is being discussed now. I just masturbated the first time in well over a year because of something horrible someone sent out on a group. They were immediately removed put the damage was done. I hope I can put yesterday behind and not make it a long battle, but I'm bleeding...

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Re: Overcoming challenges

Posted by Markz - 26 Apr 2021 22:43

[Grant400 wrote on 26 Apr 2021 16:30:](#)

Funny that WhatsApp is being discussed now. I just masturbated the first time in well over a year because of something horrible someone sent out on a group. They were immediately removed put the damage was done. I hope I can put yesterday behind and not make it a long battle, but I'm bleeding...

Sorry to hear.

Another good reason I'm on the AntiSocial app.

It's free of you know what(sap)

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Re: Overcoming challenges

Posted by Hashem Help Me - 26 Apr 2021 22:47

[Grant400 wrote on 26 Apr 2021 16:30:](#)

Funny that WhatsApp is being discussed now. I just masturbated the first time in well over a year because of something horrible someone sent out on a group. They were immediately removed but the damage was done. I hope I can put yesterday behind and not make it a long battle, but I'm bleeding...

I wonder if the fellow who posted that whatsapp has any idea what he caused.....

Grant, move on. We are all rooting for you.

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Re: Overcoming challenges

Posted by lionking - 27 Apr 2021 01:29

Grant,

So sorry to hear. Please don't let this spiral out of control.

B"H, I'm not on social media. Thanks for reinforcing what is wrong with whatsapp.

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Re: Overcoming challenges

Posted by ??? ???? ???? ??? - 27 Apr 2021 02:04

[Grant400 wrote on 26 Apr 2021 16:30:](#)

Funny that WhatsApp is being discussed now. I just masturbated the first time in well over a year because of something horrible someone sent out on a group. They were immediately removed put the damage was done. I hope I can put yesterday behind and not make it a long battle, but I'm bleeding...

"...but I'm bleeding..." I feel the pain coming out from the words.

"in well over a year" That's awesome!

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Re: Overcoming challenges

Posted by Lou - 27 Apr 2021 02:59

R Grant,

Every situation is unique so I don't possibly claim to truly understand what you are going through. However, if you look at my thread over the past few weeks I went through a rough patch after a long clean streak. It is so hard to get back up after you fall from such a high place. I feel your pain. However, I believe that you have what it takes to get past this and move on to an even stronger and more clear place. A place where you have more clarity and perhaps more of an appreciation for the struggle that appears to be our special gift from Hashem

Hatzlocha my friend

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Re: Overcoming challenges

Posted by Zedj - 27 Apr 2021 05:11

[Grant400 wrote on 26 Apr 2021 16:30:](#)

Funny that WhatsApp is being discussed now. I just masturbated the first time in well over a year because of something horrible someone sent out on a group. They were immediately

removed put the damage was done. I hope I can put yesterday behind and not make it a long battle, but I'm bleeding...

It may be your bleeding but nothing is over yet....the game has just begun to start.

With any sports game, when the sun is shining and perfect game weather it's usually a good game and all enjoy but when it starts to rain and the players start getting dirty from slipping and falling on the ground that's when the game is played on a whole different level of determination

I hope you get right back on the wagon

Much hatzlocha!

"My dear friend, you will always, always be in the game. There's absolutely no escaping the game. The question just is: Will you be winning or losing?"

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Re: Overcoming challenges

Posted by Grant400 - 27 Apr 2021 15:12

Thank you all for your wonderful responses. Bh as of now I am doing great. I am hopeful that I am in a place where a fall doesn't mean a binge. I am only going to look forward iyh. Is it hard yes, but I'm fighting back so far.

About what HHM wrote. The guy most definitely knew. It was a spammer promoting a porn site and it had a picture attached. That was enough to do me in unfortunately. I didn't go on the site (no access), but just the picture and caption got me. It's still stuck in my brain.

Oh well.

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Re: Overcoming challenges

Posted by Hashem Help Me - 27 Apr 2021 19:19

Great attitude. A fall should never develop into a binge. It was a mistake....just move on. As far as the picture sticking in your mind, it will iyh diminish with time, don't panic. Of course if you are like me, it will reappear when spaced out during shemona esreh.....just laugh it off.

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Re: Overcoming challenges

Posted by Realestatemogul - 29 Apr 2021 04:31

This is real inspiration! Grant you have an amazing attitude and you didn't put yourself in a tough situation. You are tremendous just for staying strong and keeping a positive attitude! Hashem should give you the kochos to stay strong and continue to climb!!

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Re: Overcoming challenges

Posted by Zedj - 03 May 2021 04:50

160 days clean

Thank you Hashem for giving me the strength to hold on!

With Hashems help I hope I will have continued strength to carry on.

a reminder to myself:

1-One day at a time.

2-an urge is just an urge

wishing you'all well and much success!

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Re: Overcoming challenges

Posted by sleepy - 07 May 2021 14:50

[Grant400 wrote on 26 Apr 2021 16:30:](#)

Funny that WhatsApp is being discussed now. I just masturbated the first time in well over a year because of something horrible someone sent out on a group. They were immediately removed put the damage was done. I hope I can put yesterday behind and not make it a long battle, but I'm bleeding...

i guess the Gedolim know what they are talking about when they discourage things like whatsapp. Do you need whatsapp for parnasa, or do you have it just for chilling?

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