

## 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

=====

Re: Overcoming challenges

Posted by sleepy - 07 May 2021 19:34

---

[sleepy wrote on 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 but 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?

=====

Re: Overcoming challenges

Posted by Zedj - 07 May 2021 22:24

---

164 days clean

Good Shabbos

=====

Re: Overcoming challenges

Posted by Zedj - 13 May 2021 05:08

---

170 days clean

Thank you Hashem for giving me the strength to come so far!

There are times that I do get overwhelmed and feel that I need to work harder on myself to make sure I never ever fall again.

apparently that is not the best mehalech to have so im trying to keep it cool and not be hyper focused on recovery in a way that may have a negative impact on me.

Hence the fact I'm not posting as often.

I don't know if it will help much but for now we are in trail mode.

In other news:

G-D willing in 10 days from now I will be 6 months clean!

I Don't think I ever gave up hope that one day I would be clean but I'm still grappling with the fact that it's actually happening!

I cant wait to celebrate such a huge milestone (for me) with you'all!

Wishing you all well!

=====

Re: Overcoming challenges

Posted by Hashem Help Me - 13 May 2021 11:26

---

[Zedj wrote on 13 May 2021 05:08:](#)

170 days clean

Thank you Hashem for giving me the strength to come so far!

There are times that I do get overwhelmed and feel that I need to work harder on myself to make sure I never ever fall again.

We need to "work harder" to plan properly to only access safe devices. We need to plan for when we will be traveling to triggering destinations, or will have that rare situation that one must

use an unsafe device. If beneficial we spend some time on GYE, or speak with a mentor, or do other sorts of chizuk in a non obsessive or desperate fashion.

Nobody can "make sure" they "never ever fall again". That mindset creates obsessive pressure. We daven and ask Hashem to protect us from nisyonos and to give us the seichel to make the proper choices. Other than that we are mei'siach da'as and live our lives to the fullest with simcha and menuchas hanefesh.

You are a true hero and have BH helped many as you yourself got out of this mess. Iyh you will have a very fortunate wife when the time comes. And you will be a fortunate chassan - going to the chupa with your head screwed on straight, lacking the confusion and turmoil (and predatory bedroom behaviors) many guys experience these days.

=====

Re: Overcoming challenges

Posted by Zedj - 23 May 2021 05:21

---

180 days clean

I can happily say I am 6 months clean!

After reaching 180 clean I got an automatic email from GYE with some tips going forward

Here is a quote:

"Don't let your defenses down. **Until you feel that your level of temptation of going back to your old behavior has reached zero , and you are fully confident about the future, it's too early to let our guard down.** If you've taken additional precautions in order stay clean so far - keep them in place for now. Even people who are clean for a long time sometimes end up relapsing if they engage in SIDs (Seemingly Irrelevant Decisions) that become a slippery slope.  
"

Am I supposed to be confident? Or better yet is it even possible to have confidence in myself so much so to let my guard down at all in the future?

Thank you to all the chevra here that helped me get to where I am now.

This journey could not have been possible if not for all the constant chizuk and eitzos by you'all.

it's a rhetorical question but comments are always welcome  
I cant thank you people enough.

Thank you GYE for giving me the opportunity to reclaim...me.

Thank you

=====

Re: Overcoming challenges

Posted by Lifelsbliss - 23 May 2021 19:25

---

\*

=====

Re: Overcoming challenges

Posted by Zedj - 06 Jun 2021 05:07

---

194 days clean

With Hashems help I'm doing well.

I know I'm not posting as much but i still come on GYE often to get my very much needed dose of chizuk from the chevra.

Recently I found a loophole where I can watch YouTube.

I have not exploited it to watch anything inappropriate....a few documentaries and maybe a video here or there nevertheless bli neder tomorrow, I will have closed.

wishing you all the best,Gut voch!

=====

Re: Overcoming challenges

Posted by wilnevergiveup - 06 Jun 2021 07:00

---

[Zedj wrote on 06 Jun 2021 05:07:](#)

194 days clean

With Hashems help I'm doing well.

I know I'm not posting as much but i still come on GYE often to get my very much needed dose of chizuk from the chevra.

Recently I found a loophole where I can watch YouTube.

I have not exploited it to watch anything inappropriate....a few documentaries and maybe a video here or there nevertheless bli neder tomorrow, I will have closed.

wishing you all the best,Gut voch!

Been there (the loophole part, not the 194 part) it took me a couple of days to get it fixed. I

thought I would just watch some clean stuff but I didn't.

Takes some courage to fix something like this but you have loads so I am not worried. I think it took me three decent videos until I was in the funnel of a flushing toilet bowl.

Let us know when it's fixed.

=====

Re: Overcoming challenges

Posted by Zedj - 07 Jun 2021 05:24

---

195 days clean

BH today was great.

Thank you @WNGU!

The known loopholes are closed but there is a chance in the future I may stumble on a similar loophole.

Until then, BH I'm in the safe zone.

Im happy to say I finally had the chance to speak to a rabbi about my porn use and masterbating struggles ect ect.

it was nice to speak about it face to face with someone that can answer or be there when in comes to the halacha aspect.

not gonna lie, it was not easy but I feel just a tad bit liberated.

I Hope that by me sharing someone here will have the courage to open up to their rav or mentor about this.

Wishing you all well.

=====

Re: Overcoming challenges

Posted by wilnevergiveup - 07 Jun 2021 06:23

---

[Zedj wrote on 07 Jun 2021 05:24:](#)

195 days clean

BH today was great.

Thank you @WNGU!

The known loopholes are closed but there is a chance in the future I may stumble on a similar loophole.

Until then, BH I'm in the safe zone.

Im happy to say I finally had the chance to speak to a rabbi about my porn use and masterbating struggles ect ect.

it was nice to speak about it face to face with someone that can answer or be there when in comes to the halacha aspect.



not gonna lie, it was not easy but I feel just a tad bit liberated.

I Hope that by me sharing someone here will have the courage to open up to their rav or mentor about this.

Wishing you all well.

Courage, that's the word. You have loads of it, me has very little. I am working in building it, you are an inspiration.

I went to my Rosh Yeshiva no less than three times to speak about this and each time I managed to speak about something else entirely and "forget" about why I went. The next try is hopefully going to be today, please daven that I can get the right words out.

Keep inspiring us.

P.S. I think what you are doing, speaking to a Rebbi and continuing to grow even after you hit 190+ is what separates the guys who stay clean and the guys who end up falling. It's never over, but if you keep on upping your game, the battle takes place on a different playing field. You can keep it out of the ring and even out of the stadium by continuing to grow and probably the most powerful is connecting and opening up to real people. like what you did.

So, hatzlacha and keep on shteiging!

=====

Re: Overcoming challenges  
Posted by Zedj - 11 Jun 2021 22:26

---

200 days clean

BH things are going well and happy to celebrate 200 days clean!

Its amazing looking back how far I've come, so far as to start opening up and speaking to others face to face.

?With Hashems help I will keep up what has been working for me and keep daily accountability.

Thank you to all the chevra here for all the chizuk and thank you Hashem for giving me the power to keep going

Wishing you'all a great shabbos!

=====

Re: Overcoming challenges  
Posted by Zedj - 29 Jun 2021 07:03

---

217 days clean

Update time:

With Hashems help (really, not possible otherwise) I'm doing well BH.

They say "numbers don't lie", I say "don't be fooled by numbers".

the regular urges and fantasies come by and say hello. Usually not very intense but here and there a craving for "that thrill" or "that fantasy".

(I think that's normal... right)

At the end of the day I (we all) know the thoughts/fantasies/urges it's all bluff... watching porn or masterbating is not something I "need". It's absolutely harmful to me.

working on redirecting the thought as soon as it comes up helps me move on.

otherwise I'm being kept busy and living a porn free life....

one day at a time.

Wishing you all well.

=====  
=====

Re: Overcoming challenges

Posted by EvedHashem1836 - 29 Jun 2021 16:49

---

Amazing! Keep it up!

=====  
=====

Re: Overcoming challenges

Posted by YeshivaGuy - 16 Aug 2021 03:57

---

Hows it going Reb Yid?

=====  
=====