

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 AStrugglingJew - 01 Oct 2021 15:27

zedj you are such an inspiration and you should be proud.

the ikkar avodah is changing who we are and our relationship with tayva, and I can't imagine that you are the same person you were before this amazing streak. You are elevated cleansed soul and ready to bounce back and be so clean again.

Thank you so much for all the chizuk you provide

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Re: Overcoming challenges
Posted by Zedj - 04 Oct 2021 04:18

@CAPTAIN

@WNGU

@NO MASK

@ASJ

Thank you all so very much!

I'm already feeling alot better about myself!

4 days clean

these four days went quicker than I thought it would...i think that's a good thing.

BH so far i wrote out a new contract with some more restrictions.

I Have been keep in touch with someone nightly and give a summed up version of how the day wwent.

Also i have looked into screen monitoring and have a few issues with that1-its expensive 2-i do have private conversations on WhatsApp and text that would be seen by the screen monitoring program (and the guy being the accountability partner) so I don't think that will work for me.

At the moment im contemplating a white list....not the most fond of the whitelist but it will definitely be a game cchanger

IF anyone can share their whitelist experience that would be great!

Wishing you all well

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Re: Overcoming challenges

Posted by OivedElokim - 04 Oct 2021 04:28

I personally have a whitelist on my phone. It works very well, only that sometimes I put a website on the list only to discover that it's not as clean as I thought. On Apple you need to put in the code to remove sites, so I sometimes get stuck with a compromised site on my list till I can get my code put in to adjust it. Also it's extremely inconvenient overall. I guess it may be a sacrifice you have to make for the sake of staying clean ...

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Re: Overcoming challenges

Posted by Hashem Help Me - 06 Oct 2021 03:51

[Zedj wrote on 04 Oct 2021 04:18:](#)

Also i have looked into screen monitoring and have a few issues with that1-its expensive 2-i do have private conversations on WhatsApp and text that would be seen by the screen monitoring program (and the guy being the accountability partner) so I don't think that will work for me.

1. There is a monetary sponsor for webchaver

2. Webchaver sends blurry small images. Any responsible chaver takes a quick glance and the deletes the report. Privacy is very respected. If webchaver flagged a site, or the chaver notices a questionable image, that can be de-blurred for a few seconds.

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Re: Overcoming challenges

Posted by Zedj - 07 Oct 2021 05:22

[Hashem Help Me wrote on 06 Oct 2021 03:51:](#)

[Zedj wrote on 04 Oct 2021 04:18:](#)

Also i have looked into screen monitoring and have a few issues with that1-its expensive 2-i do have private conversations on WhatsApp and text that would be seen by the screen monitoring program (and the guy being the accountability partner) so I don't think that will work for me.

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Thank you.

i guess I'll have to weigh the pros and cons netspark vs web Chaver.

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Re: Overcoming challenges

Posted by Zedj - 07 Oct 2021 05:41

7 days clean

Today was good day BH. Not much urges or fantasies.

The truth is I'm still upset about my "fall".

Porn is not what I need and it clearly causes me alot of pain. I guess I needed a strong reminder that using will not get me anywhere and only harm myself.

In any case i know i could beat this and optimistic that i will have a strong comeback.

Taking it one day at a time for now.

I got more to vent about but I'll save it for another time.

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 08 Oct 2021 04:38

8 days clean

BH today was a another relatively great day.

Wishing you all well!

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Re: Overcoming challenges

Posted by Ish MiGrodno - 08 Oct 2021 05:48

B"H amazing! So glad you are back on track!

IMG

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Re: Overcoming challenges

Posted by Zedj - 08 Oct 2021 22:46

Bh today went mostly alright. Some fantasy thoughts creeped up today.

Wishing the chevra a big hearty good shabbos!

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Re: Overcoming challenges

Posted by Ish MiGrodno - 10 Oct 2021 02:01

Yay! So Rabbeinu Zedj is normal!

Embrace the victories when you ignore those fantasies by immersing yourself in the Aibeshter's heilige Torah. There is no greater satisfaction in the world! And I don't believe that there is anything more precious in His eyes..

With admiration from Grodno ~ IMG

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Re: Overcoming challenges

Posted by Zedj - 13 Oct 2021 01:12

13 days clean

As i posted before I promised myself to up the game.

Just finished creating a Whitelist BH.

This whitelist makes it alot harder to get into trouble albeit not very convenient.

i guess time will tell but i hope this will be a successful step forward.

Wishing you all well.

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Re: Overcoming challenges

Posted by Zedj - 14 Oct 2021 03:37

14 days clean

BH today was a great day!

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 20 Oct 2021 03:35

20 days clean

BH today went well.

Some of the regular thoughts and fantasies but nothing that I'm not used to.

There was a moment when i needed help to fix something. I searched up how to fix it on YouTube and some of the suggested videos was clearly not appropriate but enticing. BH somehow was able to just acknowledge it and finish up what i had to do.

youtube can be "harmless" but if your looking for trouble (even if your not)

you can can definitely find it.

Just sharing out loud

Wishing you all well!

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Re: Overcoming challenges

Posted by Ish MiGrodno - 20 Oct 2021 04:57

Great job, I am so impressed!

(Just curious, but when is Youtube ever harmless?)

Warning: Spoiler!

Keep up the streak...and keep makin' us proud!

IMG

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