

Overcoming challenges

Posted by Zedj - 18 Oct 2020 06:22

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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 Zedj - 13 Nov 2020 03:36

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Day 33

How you all doing?

I'm getting a filter tonight if all works out.

(Actually in the process of it now)

I know this is a step in the right direction.

I never really wanted to get a filter because

"I can control myself if I really want to"

I've told myself that for years.

I realize now how foolish that statement was. I could never trust myself .

(Although I'm sure others somehow are able to break free without a filter, I assume it's not the norm.)

However I am very surprised I lasted this long, albeit with some slips but still hanging in there.

I thank Hashem that I have come to this step

Wish you all the best and have a great shabbos!

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Re: Overcoming challenges  
Posted by Grant400 - 13 Nov 2020 04:07

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[Zedj wrote on 13 Nov 2020 03:36:](#)

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Re: Overcoming challenges  
Posted by Realestatemogul - 13 Nov 2020 04:27

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Getting a filter on ALL my devices was the best decision of my life! After so many years of struggle it was a game changer.

The truth is - after so many year I finally HAD enough self control to say I want to be clean and get a filter to stay safe!

Keep up the great work!!

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Re: Overcoming challenges  
Posted by excellence - 13 Nov 2020 07:01

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I also used to think i want those 'urges' so that i can prove myself, untill i realised, dont we daven every day not to be in a situation of nisayon? and dont chazal tell us a number of times that in these areas we need the most gedarim. the greatest amoraim stumbled when placed in front of high temptation, i don't quiet class myself better than them!

I do have filters & one thing i can say for sure that if placed in front of unfiltered device i don't belive i could withhold the temptation.

wow on your decision, it takes true gevuras hanefesh.

and by the way, don't worry even with a filter one still needs to hold themselves back as no filter is perfect.

gut shabbos

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Re: Overcoming challenges  
Posted by Hashem Help Me - 16 Nov 2020 12:22

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It is interesting how many people are intimidated with the idea of a filter - "I have to just learn to control myself", but they would never entertain the thought of having a cabinet of treife food in their home and teaching the kids "just control yourself".

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Re: Overcoming challenges  
Posted by wilnevergiveup - 16 Nov 2020 13:18

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[Hashem Help Me wrote on 16 Nov 2020 12:22:](#)

It is interesting how many people are intimidated with the idea of a filter - "I have to just learn to control myself", but they would never entertain the thought of having a cabinet of treife food in their home and teaching the kids "just control yourself".

I think it's their addiction (or desire or Y"H or whatever you want to call it) that's intimidated. We know that we wont be able to control ourselves and that's precisely why we don't get that filter. It's because we still thing that porn and whatever are our lifesaving drug and without it we will die. Who can get a filter knowing that it will bring upon them a slow and painful death...

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Re: Overcoming challenges  
Posted by Zedj - 17 Nov 2020 01:34

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I disappointed.

I lost this round.

I gave in.

It's not a joyous moment.

I will start again from day 1

I really don't want to go into details but I will say that i have a filter on my phone now and I hope I will not fail this round.

I have deleted some apps I had access to, that caused major triggers.

I am however pleased with my streak of around 35 days.

I have not been clean with a streak like that for years.

Bittersweet?

With Hashems help I will continue onward.

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Re: Overcoming challenges

Posted by excellence - 17 Nov 2020 06:11

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Dear Zedj,

unfortunately we all know that feeling, yes it's not easy. however It's amazing how your straight away starting with day one and not just giving in again. This is vital for breaking free. your in the process of reprogramming your brain that it doesn't need these pleasures when tempted, and these first 35 days have started doing that to your brain.

You ought to drink a lechaim on your achievement.

These Nisyonos are not something we conquer overnight, it comes with time patience and determination.

The ?? ??? ????? that's deep inside you has started to shine, and looking forward to watching it get brighter and brighter over the course of Chodesh Kislev.

With admiration,

Excellence.

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Re: Overcoming challenges

Posted by wilnevergiveup - 17 Nov 2020 06:36

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Sweet sweet! You didn't lose the round, you won 35 days!

What's wrong with 35 days? That's huge! The only reason to be bummed out is if you had expectations, but you don't have to, just give it your all every day and you will see success.

It's all about learning to live without it and what you are doing is just that.

Hatzlachah

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Re: Overcoming challenges

Posted by Zedj - 18 Nov 2020 04:47

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Day 2

Thank you for the tremendous chizuk and commenting on my fall.

It helped me realize that I can become stronger from this.

To be honest, I forgot how much it hurts to hit the floor.

It hurts alot.

I keep wondering to myself, why did I fail?

Why did I give in?

Was it worth it?\*

Couldn't I have done better?

To all these questions and all that I didn't list, I answered to myself.

With Hashems help I will get to 35 and beyond.

\*Answer-Its not worth it

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Re: Overcoming challenges

Posted by excellence - 18 Nov 2020 06:59



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Yes, But don't forget ODAAT!!

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Re: Overcoming challenges  
Posted by excellence - 18 Nov 2020 06:59

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With Hashems help I will get to 35 and beyond.

Yes, But don't forget ODAAT!!

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Re: Overcoming challenges  
Posted by Zedj - 18 Nov 2020 07:26

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Agreed,

It can't be said enough.

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Re: Overcoming challenges  
Posted by Hashem Help Me - 18 Nov 2020 12:25

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Great attitude buddy! Guys like you get out of this mess b'ezras Hashem. And it's not just the number of days. This time around, your brain is in a healthier place than it was in the past. Keep climbing - it rewires the brain. Non invasive surgery which will iyh give you massive menuchas hanefesh.

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