

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 anonymousmillenial - 20 Oct 2021 10:25

YouTube has in the past been an outlet for me (the same with movies).

I reluctantly blocked YouTube and removed access to movies/tv shows from my device ect ect

It's probably the 2nd best thing I've done after joining GYE.

I Think anyone that blocked YouTube would say the same

Take this as encouragement to block YouTube on your device if you haven't yet....why wait until your in a room by yourself with access to YouTube? Besides the many triggers it's just a waste of time.

Obviously there are plenty of time wasting and triggers on kosher websites and apps ECT but you gotta start somewhere!

Agreed 100%!!

I've learnt this the hard way.

YouTube was a big stumbling block for me and I've had to decide to block it. I've had it blocked for several months. And boy oh boy the difference it made.

[For me personally this wasn't a long-term solution as I needed YouTube for studying purposes.

But at the very least my filter has the option of blocking YouTube and allowing individual videos upon request, which is what I usually do.

But for anyone who doesn't need YouTube, I definitely think that blocking it fully would be the way to go.]

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Re: Overcoming challenges

Posted by Zedj - 22 Oct 2021 04:59

22 days clean

BH today was a great day.Managed to stay busy and managed to keep my head on straight....i think.

wishing the chevra well

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Re: Overcoming challenges

Posted by Rebuild613 - 22 Oct 2021 11:21

[Zedj wrote on 22 Oct 2021 04:59:](#)

22 days clean

BH today was a great day.Managed to stay busy and managed to keep my head on straight....i think.

wishing the chevra well

Wishing you that from 22 you should reach 44 & 88 and so on.

G-D bless you forever

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Re: Overcoming challenges

Posted by Zedj - 24 Oct 2021 04:27

Amen!

Thank you!

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Re: Overcoming challenges

Posted by Zedj - 24 Oct 2021 04:34

24 days clean

BH Shabbos went pretty well.

A couple stayed over for shabbos... Admittedly my thoughts were not that great. I did catch myself and try hard to see her as person with a husband, feelings, challenges ECT. Eventually it all kinda subsided but it took awhile.

All the best

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Re: Overcoming challenges

Posted by farmer k. - 24 Oct 2021 05:34

keep it up

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Re: Overcoming challenges

Posted by Rebuild613 - 24 Oct 2021 19:34

[Zedj wrote on 24 Oct 2021 04:34:](#)

24 days clean

In the zechus of this 24 days you should be zoiche to a life of tranquility and prosperity

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Re: Overcoming challenges

Posted by Zedj - 07 Nov 2021 17:55

A quick update:

38 days clean

BH doing well

bli neder will update again when possible

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Re: Overcoming challenges

Posted by Zedj - 10 Nov 2021 06:39

B"H 41 days clean!

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Re: Overcoming challenges

Posted by Zedj - 16 Nov 2021 03:25

47 days clean.

BH doing well.

Keeping myself busy....or at least not getting too bored.

Cumulative Clean Days: 400

I'm nowhere near perfect but

I'm proud of where I am holding compared to where I was and with Hashems help continue to look forward.

Wishing you all well!

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Re: Overcoming challenges

Posted by Hashem Help Me - 16 Nov 2021 12:31

[Zedj wrote on 16 Nov 2021 03:25:](#)

47 days clean.

BH doing well.

Keeping myself busy....or at least not getting too bored.

Cumulative Clean Days: 400

I'm nowhere near perfect but

I'm proud of where I am holding compared to where I was and with Hashems help continue to look forward.

Wishing you all well!

Hero!! Perfection won't exist until Moshiach comes. Meanwhile it is guys like you that show the oilam that it can be done. Keep inspiring - and yes, as you wrote, be proud!

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Re: Overcoming challenges
Posted by Zedj - 19 Nov 2021 04:48

50 days clean

BH doing well and keeping busy.

Level 6:??? ?????

WOW! just like that and I'm a " Yarei Shomayim"

jokes aside, it is a little satisfying to become a " Yarei Shomayim"

Wishing you all well!

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Re: Overcoming challenges
Posted by YeshivaGuy - 16 Dec 2021 06:34

Hows it goin?

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Re: Overcoming challenges
Posted by Zedj - 17 Dec 2021 05:30

78 days clean

Thank you @Yeshivaguy for checking in.

BH I'm doing well.

Just a thought on shevuos/neders/contracts/accountability:

When i first started out GYE I was suggested by a fellow member to make a contract laying out specific conditions to stay clean. If I failed I would have to rip up a pre decided amount of money.

I had a problem with this, I felt very disheartened and irritated that i couldn't control myself and that I would have to rely on a contract to stay clean....how long would I have to rely on a contract? My whole life? Then their was the nightly accountability....this is what I'll have to live with? Nightly accountability?

I mean really? What has my life become?

Ok, the contract and accountability was all my doing to start my clean life, Noone forced me to do anything but it really kind of shook me that this would be my life if I wanted to be clean.

I feel like the contracts and the daily aaccountability has been helping me tremendously amongst the other tools I use...but here is the point I'm trying to bring out

The Torah is the book of life, everything in Torah, the mitzvos (besides for connecting to hashem) is in order to enhance one's life and to have a fulfilled life. Torah is to enhance your life and anything that will help you live the life of Torah should be used with the upmost joy so that you can live by the Torah!

Hence the contract that I created for myself is actually something I should feel positive about and not feel negative towards.

I think having a positive attitude helps with contracts and keeping yourself accountable.

So that is what ive been thinking about and I hope im correctly understood.

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