

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 Zedj - 24 Dec 2021 05:16

85 days clean

BH doing well

Yesterday was stressful and the after affects continued on today but I'm gonna live through it.

Wishing the chevra well!

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Re: Overcoming challenges

Posted by Zedj - 29 Dec 2021 05:51

90 days clean

Bh doing well and reached the big 90 (again).

I'm in a much better place physically/spiritually because of GYE and the amazing chevra here.

Thank you!

What I have implemented to stay clean:

1-whitelist filter (staying away from unfiltered devices unless necessary)

2-contract to keep me in line when needed

3-daily accountability

4-#1dayatime

5-being in touch with some fellow gye members and trying to lend a hand to others struggling

Wishing you all well!

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Re: Overcoming challenges

Posted by taherlibeinu - 06 Jan 2022 16:27

Amazing to see! really inspiring. Well done and i hope you celebrated this!

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Re: Overcoming challenges

Posted by Human being - 07 Jan 2022 10:07

Looking at your thread for the first time now. You are Super-duper amazing. A real inspiration that its actually possible to get under control. I still have a hard time believing myself that its possible. But every thread I read though like yours makes me believe a little more. Keep it up your amazing.

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Re: Overcoming challenges

Posted by Zedj - 28 Jan 2022 06:19

120 days clean

Updating the chosheve chevra here.

B"H I'm doing well and just trying to live my life,

I got a laptop computer and installed gentech on it.

so far so good.

the truth is gentech is pretty expensive but at this point I really could not afford to fall over the cliff..so i took the plunge and installed gentech.

Warning: Spoiler!

Wishing the chevra well!

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Re: Overcoming challenges

Posted by ??? ????? ???? ??? - 30 Jan 2022 17:45

Great going on taking "the plunge."

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Re: Overcoming challenges

Posted by Zedj - 17 Feb 2022 06:00

140 days clean

UPDATE -

B"H doing well here.

It has been a stressful few days for me as I'm making some leaps of faith going into the next stage of my life.

I have to figure out some logistics but overall I think it will help me grow positively.

Wishing the chevra well!

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Re: Overcoming challenges

Posted by Zedj - 09 Mar 2022 06:22

160 days clean!

B"H I'm doing well.

I gotta work on keeping my eyes on the ground while walking in the streets.

Wishingthe chevra well!

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Re: Overcoming challenges

Posted by Zedj - 20 Mar 2022 06:48

171 days clean!

B"H I'm doing well.

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 29 Mar 2022 05:13

180 days clean!

This isn't my first time reaching 6 months clean but It would be 100% wrong for me to say I did it with my own brute strength.

I cant thank the amazing GYE chevra enough for their constant chizuk and support, especially those that made it their business to drag me out of the mud.

Thank you GYE for all the work you put into this site and constantly looking to improve the user experience.

Thank you!

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Re: Overcoming challenges

Posted by DavidT - 29 Mar 2022 18:13

[Zedj wrote on 29 Mar 2022 05:13:](#)

180 days clean!

This isn't my first time reaching 6 months clean but It would be 100% wrong for me to say I did it with my own brute strength.

I cant thank the amazing GYE chevra enough for their constant chizuk and support, especially those that made it their business to drag me out of the mud.

Thank you GYE for all the work you put into this site and constantly looking to improve the user experience.

Thank you!

Mazel tov! Mazel tov!

Twice 90 really amazing!

It's people like you that are helping so many others realize the truth that Hashem helps those who really want to be helped and try their best.

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Re: Overcoming challenges

Posted by Zedj - 15 May 2022 07:02

227 days clean!

B"H im doing well and keeping myself preoccupied most days.

B"H there is alot going on in my life at the moment.some stresses but I think I will be able to work through them and come to some clarity.

Wishing you all well!

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Re: Overcoming challenges

Posted by excellence - 15 May 2022 17:20

You are a complete inspiration. It's you're dedication that inspires me.

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Re: Overcoming challenges

Posted by Zedj - 24 May 2022 04:49

238 days clean!

B"H I'm doing well.

The past weekend was challenging but B"H I think did pretty good for myself..not perfect but good.

Wishing you all well!

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