

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 Face the challenge - 24 May 2022 15:50

I just read through your thread and all I can say is wow!! You are amazing! A true eved hashem and a real inspiration to others. Keep up the good work and keep posting. Hatzlacha!!

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Re: Overcoming challenges

Posted by Zedj - 03 Jun 2022 21:05

I'm not sure about perfection but I do know that sometimes I can do better.

BH i learned im allowed to be nice to myself and not beat myself up.

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Re: Overcoming challenges

Posted by Zedj - 03 Jun 2022 21:06

Thank you so much for taking part in my journey!

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Re: Overcoming challenges

Posted by Zedj - 03 Jun 2022 21:10

[Face the challenge wrote on 24 May 2022 15:50:](#)

I just read through your thread and all I can say is wow!! You are amazing! A true eved hashem and a real inspiration to others. Keep up the good work and keep posting. Hatzlacha!!

Thank you so much for being part of my journey!

wishing you much hatzlocha!

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Re: Overcoming challenges

Posted by Zedj - 03 Jun 2022 21:25

246 days clean!

BH doing well.

Wishing the holy chevra here a good shabbos and we should all be mekabel hatorah b'simcha u'bepnimius.

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Re: Overcoming challenges

Posted by Zedj - 16 Jun 2022 14:07

Is anyone here having trouble messaging on the rocket chat?or is it just me?

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Re: Overcoming challenges

Posted by Zedj - 19 Jun 2022 05:31

262 days clean!

BH im doing well.

from past experience summer has been tough for various reasons.

BH I found work for a good part of the summer...should keep me on a schedule and keep me busy.

Wishing you all well!

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Re: Overcoming challenges

Posted by Realestatemogul - 19 Jun 2022 11:16

Keep up the great work!

The summer definitely has multiple challenges! However, the summer is also an exciting time with more extracurriculars that you can use to distract yourself and focus on what is true enjoyment in life.

Hatzlacha!

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Re: Overcoming challenges

Posted by Zedj - 29 Jun 2022 06:20

BH 272 days clean!

Last week I had to take off my filter for the day in order to take some online courses required for my summer job.

The filter was not able to be put back on until the following day so it was my chance to catch up with my favorite YouTube videos and documentaries....then i decided i should just download the the youtube videos using my favorite youtube downloader.

turns out, my favorite youtube downloader is my favorite for a good reason. Ads kept popping up not completely nude but enough to leave for my imagination.

Ive used this youtube downloader many times before and don't remember it being contaminated.

BH that was as far it got but temptation was there.

at this point i feel im back to myself and doing well

After a consultation with my mentor apparently I'm a big tzaddik and I should be proud of myself and continue as if nothing happened.

Lesson-

1-try not to put yourself in a stupid situation

2-try not to put yourself in a stupid situation

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 10 Jul 2022 05:27

283 days clean!

Today was a hard day.

in the afternoon was bombarded with fantasies.

I gave up fighting and let myself fantasize.

Eventually the fantasies faded BH.

Looking forward to a busy week.

Wishing you'all much success!

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Re: Overcoming challenges

Posted by Zedj - 11 Jul 2022 02:01

I had a hiccup today (last night).

I call it the spiral effect....starts with fantasies then the "craving" to find something that will satisfy the "quench".

not sure If that makes sense to you folks...

If i was making the decision if it was a fall or not,

I would say it was a fall. The problem is that when it

comes to these matters, I need an objective

opinion. My mentor says to keep moving along.

Plan going forward:

for now this app is deleted from my phone

And i can't download it without my app store

Being unlocked...so im covered from that angle

If i will ever need the app then i will be in touch with my mentor

My mentor will be in touch with my mentor for the next few

Days to make

sure im on stable ground.

Wishing you all well

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Re: Overcoming challenges

Posted by Face the challenge - 11 Jul 2022 02:31

Keep it going!! You are one of the biggest inspirations on this site!! You can do it! Even though you already know this it's always good to be reminded that no matter how much we crave, porn will never truly satisfy our craving. It will just leave us wanting more and feeling horrible. Think about the amazing feeling you will have once you pass this test also. Hatzlacha raba!!!

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Re: Overcoming challenges

Posted by committed_togrowth - 11 Jul 2022 02:51

Needless to say, but a hiccup is nothing in comparison to the mountain of growth you have achieved. FTC already mentioned it, but you are a huge inspiration on here. From back to when I first started out you have been one of the guys I always follow and look up to. You've got this!

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Re: Overcoming challenges

Posted by 5Uu80*cdwB#^ - 11 Jul 2022 12:12

[Zedj wrote on 11 Jul 2022 02:01:](#)

....starts with fantasies

It always starts with fantasies. Always. There's a reason for my signature (see below). It is imperative that we focus our attention on breaking the compulsive need to attend to and grow fantasies in our minds, which is the center of this entire sugya. If you can learn to simply move on in your day and life when a fantasy enters your consciousness instead of attending to it, you will not spiral down.

May Hashem help you on your journey.

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