

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 - 13 Jul 2022 02:27

[Face the challenge wrote on 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!!!

Thank you so much.

I have had some rough patches in the past...this time will also be something of the past BEZH

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Re: Overcoming challenges

Posted by Zedj - 13 Jul 2022 02:34

[committed_togrowth wrote on 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!

Thank you for your kind words of encouragement and for following my journey.

My goal was to hit a year clean but a rough patch is ok and for now one day at a time is gonna be the motto.

Warning: Spoiler!

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Re: Overcoming challenges
Posted by Zedj - 13 Jul 2022 03:55

[excellence wrote on 12 Jul 2022 21:03:](#)

@ Hakadosh Harav Hatzadik R' Zedj: you are an outstanding source of inspiration to me!!! Been following your progress for a few years!!!

Thank you so much!

it means alot to me.

Its not the end!

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Re: Overcoming challenges
Posted by Zedj - 13 Jul 2022 04:20

[5Uu80*cdwB#^ wrote on 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.

Thank you so much for taking the time to write.

unfortunately this wasnt my first rodeo but with hashems help i hope the last.

every so often challenges will come up, either fantasies, self doubts, stressful events ect ect

Not to take away from what you said ...keeping away from fantasies is important but at the end of the day its how one will react after a rough patch.

In other words I think having a good perspective is just as important.

BH I continue to grow and constantly learn from my journey.

Moving on to better and brighter days!

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Re: Overcoming challenges

Posted by Lchaim Tovim - 13 Jul 2022 14:04

[Zedj wrote on 13 Jul 2022 03:55:](#)

I think the title is a little too grand but Ill let it slip this time

Which title do you prefer, Arena Candidate Master?

On a serious note, I've been following your journey. Thank you for posting.

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Re: Overcoming challenges

Posted by Zedj - 02 Aug 2022 05:16

I fell after 300 some days.

it's not easy for me to speak/write about it but it is imperative for me to be open and honest in order to continue on this journey of recovery.

BH my phone i think is well filtered however I have access to a computer that has gentech.

in my mind it was safely filtered until I curiously checked up a certain site...it was open.

In my defense I sent a message to gentech to close the site but they didn't get back to me until morning...too late

In short, i watched explicit/sensual content and motzie zera.

I'm not proud about my episode of indulgence but I can't dwell on it.

I have to be more careful.

I have to move on.

BH Gentech took care of the problem and I deleted an app that caused initial triggers .

also, bli neder will practice to reach out to fellow gye members when I feel strong urges in any event whether I think I will fall or not. I tend to freeze up or deliberate with myself when highly triggered.

overall im proud of myself/accomplishments in this area and continue looking to learn and grow.

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Re: Overcoming challenges

Posted by Striving to be good - 02 Aug 2022 14:07

I fell after 300 some days.

it's not easy for me to speak/write about it but it is imperative for me to be open and honest
inorder to continue on this journey of recovery.

I fell too after 327 days, 2 weeks ago, I feel your pain, and I am also working on myself to get
back on track.

Good luck!

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Re: Overcoming challenges

Posted by Sapy - 02 Aug 2022 14:24

They used to say "Fell, Shmell... KOT...."

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Re: Overcoming challenges

Posted by Lchaim Tovim - 02 Aug 2022 14:38

When I fell after 173 days, I let it ruin the next 1,500 days.

Don't worry about the fall. Don't even analyze it right now. You'll have plenty of time for that once you've picked up the momentum again.

300 days is incredible! if you do that again, you'll have done 600 days with one fall. That's a mind boggling number...Hatzlocha

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Re: Overcoming challenges
Posted by Shteeble - 02 Aug 2022 14:44

[Sapy wrote on 02 Aug 2022 14:24:](#)

They used to say "Fell, Shmell... KOT...."

oops. don't know how to insert an image... See avatar image instead.

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Re: Overcoming challenges
Posted by Zedj - 19 Aug 2022 15:37

I fell again.

Found a way to look at explicit photos on a computer that has gentech installed

I tried going on some sites but BH gentech didn't allow the situation to get worse.

I tried to explain the situation to a gentech representative but they said he can only fix an issue

For the time being my pc is considered unfiltered and if need to use it I will text a fellow gye member before using.
if he sees it first hand.....

It seems from my conversations (from what I understood) im just a regular normal healthy dude that will get caught up looking at things from time to time.

I really hope that it's not anymore than that.

I think I'm ready to start afresh.

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Re: Overcoming challenges

Posted by Lchaim Tovim - 19 Aug 2022 15:47

Hatzlocha on the fresh start.

I don't know if this is an option for you, but one of the things I did was had Gentech block skin tone on my computer.

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Re: Overcoming challenges

Posted by Zedj - 19 Aug 2022 15:57

Thank you!

I have the skin tone blocker.

I think i broke gentechs barriers

...maybe i broke myself.

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Re: Overcoming challenges

Posted by Lchaim Tovim - 19 Aug 2022 17:15

Ye...been there done that, there's always a way around (sometimes it's just down). One thing I know is you're definitely not broken.

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