

Overcoming challenges

Posted by Zedj - 18 Oct 2020 06:22

I've been struggling with porn for more than 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 - 02 Nov 2022 00:41

BH I'm 21 days clean!

BEZH I will report back with similar good news.

Wishing you'all well

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Re: Overcoming challenges
Posted by Ybird - 02 Nov 2022 14:26

[Zedj wrote on 02 Nov 2022 00:41:](#)

BH I'm 21 days clean!

BEZH I will report back with similar good news.

Wishing you'all well

wow!

that's three full weeks!!!

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Re: Overcoming challenges
Posted by Zedj - 07 Nov 2022 00:07

Fell.

Im an idiot. I knew if I took off my filter at the time I did I would look for arousing content....and so I did.

Filter is back up

Trying to move on.

Not really sure how much will power I have to continue.

I'm gonna start posting nightly to hopefully give me a nice boost.

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Re: Overcoming challenges
Posted by trying11211 - 07 Nov 2022 00:31

My dear friend

sorry but I totally disagree with you

you are not a idiot, you are a normal human being, hashems creation, and you are really good person, who doesn't hide under the carpet when something strange happens, you just come out and say here im I want get out of the dump where I fell in to, and don't worry keep on and you will get out of there

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Re: Overcoming challenges
Posted by Human being - 07 Nov 2022 00:56

Zedj I'm sorry that its so frustrating for you.

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Re: Overcoming challenges
Posted by 5Uu80*cdwB#^ - 07 Nov 2022 01:14

[Zedj wrote on 07 Nov 2022 00:07:](#)

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I believe in you! You can do it.

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Re: Overcoming challenges

Posted by Geshmak! - 07 Nov 2022 04:54

[Zedj wrote on 07 Nov 2022 00:07:](#)

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Just saw your thread for first time... you look like some strong fighter!! Keep it up! Ur not sure how much will power you have?!?! Just read your own signature... I LOVE IT!!!

btw that's one of the Malies for having web chaver together with a filter cause than you can't just remove filter on your own... good luck and hatzluchah on reaching day 90 in 90 days!! You'll get there bhy!!

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Re: Overcoming challenges
Posted by committed_togrowth - 07 Nov 2022 05:27

It would be our privilege to hear from you so often. You are certainly not an idiot as others have pointed out, keep on inspiring.

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Re: Overcoming challenges
Posted by dave955 - 07 Nov 2022 05:45

This is my first time posting to the forum so I'm not sure how this works but I need help either way.

I love wth parents who have unfiltered iPhones. My devices are filtered and theirs aren't. I have used their phones to act out numerous times. I have asked them to change the password multiple times. Every time, I either find out the password because it was an obvious change or

they said they changed but really the didn't.

I don't know wha else God expects of me at this point. I have tried so many times to get out of this situation and give myself a chance but I keep on ending up back in the same situation.

If I told my parents about my situation, they wouldn't understand and call me a pervert. They caught me back when I was 12 watching porn and that was their response (now I'm 22)

Any advice?

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Re: Overcoming challenges

Posted by jackthejew - 07 Nov 2022 09:13

[dave955 wrote on 07 Nov 2022 05:45:](#)

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Any advice?

Welcome! You've come to the right place! Sexual desire is normal and you are not a pervert just because you fell in a rough situation. Have a look around the forums, check out some of the shiurim and and tools, and, perhaps most important of all, reach out! Hashem Help Me (HHM) [michelgelnert@gmail.com] has been of invaluable help to so many of us on this forum. Hatzlacha!

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Re: Overcoming challenges

Posted by Tun - 07 Nov 2022 12:53

Welcome!

Do you have a rebbi or a mentor you are close with that you can speak to that can help guide you in how to maybe talk to your parents?

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Re: Overcoming challenges

Posted by Captain - 07 Nov 2022 13:47

[dave955 wrote on 07 Nov 2022 05:45:](#)

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Any advice?

Welcome!

Why don't you start your own thread? We would love to hear more from you.

Also, please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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Re: Overcoming challenges
Posted by Human being - 07 Nov 2022 17:51

Go ahead start your own thread and well all be following your journey! cant wait! welcome aboard!

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Re: Overcoming challenges
Posted by DavidT - 07 Nov 2022 19:01

[dave955 wrote on 07 Nov 2022 05:45:](#)

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Any advice?

Welcome to GYE! Please stay connected and keep us posted on your journey and together we'll all grow and go in the right directing BE"H.

Someone once asked "Dov" (one of our special members/mentors)

"Should I Tell My Parents?"

Here is what he replied:

No, you certainly do not have to tell your parents.

I do believe, however, that your making a huge deal about rejection and shame if you would tell the parents is just not accurate. If your parents love you and are not very screwed up in the head, they will sympathize. Even if they are dissapointed, any half-normal parent will be concerned and try to help their child in any way possible. That is not rejection, not disowning, and not a shame. It is normal parent-child relations. And though it may be hard for you to imagine what it is like to have kids, I'd ask you to decide what you would like: if your son had a masturbation and porn problem, would you want the boy to open up to you, or to run in fear of shame and horror and, instead, keep it a secret and 'keep fighting'? Again - not a reason to tell! - but just something to think about.

Furthemore, a father (or mother) who has a porn, masturbation, or sex problem will often only open up about their own garbage as a result of their child opening up about it! I have seen this happen.

The only point I always share is this: opening up to safe understanding people is key in making any real change, at all. Somebody! Hiding it from parents is really just a way to hide it from everyone - and opening up about it here while hiding behind a username, is not really opening up enough. The fact that 'to tell or not to tell?' is such a big deal, demonstrates the need to tell somebody - and 'telling' on this virtual forum is just 'virtual telling...' That is what my heart tells me here. Sorry if I am way off... again.

Hey. Fake change we all have plenty experience with, right? I know I do! Maybe you feel the need for real change, and instinctively know that it will only, only come from real connections. The porn is all about fake connections - fantasy connections. Gevalt. This is so key to me in my

own recovery. So I share it here and everywhere.

Hiding and lying is key in keeping on doing everything we have always been doing, and got us in this mess in the first place.

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