

## Overcoming challenges

Posted by Zedj - 18 Oct 2020 06:22

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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 - 08 Nov 2022 23:46

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Day 2 clean BH

some fantasies today...probably gonna be like this for the next couple days.

Midterms elections tonight!

Will new york turn red?

Will update you'all tomorrow BEZH!

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Re: Overcoming challenges

Posted by Geshmak! - 09 Nov 2022 00:31

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Midterms elections tonight!

Will new york turn red?

I personally don't think so... but I wish!!

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Re: Overcoming challenges

Posted by trying11211 - 09 Nov 2022 04:54

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[Zedj wrote on 08 Nov 2022 23:46:](#)

Day 2 clean

Will update you'all tomorrow BEZH!

Hatzlacha raba

we will pray for you

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Re: Overcoming challenges

Posted by Okay1 - 09 Nov 2022 23:20

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How is day 3 going?

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Re: Overcoming challenges

Posted by Zedj - 10 Nov 2022 00:48

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[Okay1 wrote on 09 Nov 2022 23:20:](#)

How is day 3 going?

Hey Okay1, thank you for asking.

3 days clean BH

Some fantasies...as expected however trying to stay focused.

Turns out NY is still blue....too bad.

Wishing you'all well!

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Re: Overcoming challenges

Posted by Human being - 10 Nov 2022 03:08

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[Zedj wrote on 10 Nov 2022 00:48:](#)

[Okay1 wrote on 09 Nov 2022 23:20:](#)

How is day 3 going?

Turns out NY is still blue....too bad.

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Re: Overcoming challenges

Posted by Geshmak! - 10 Nov 2022 03:31

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[Human being wrote on 10 Nov 2022 03:08:](#)

[Zedj wrote on 10 Nov 2022 00:48:](#)

[Okay1 wrote on 09 Nov 2022 23:20:](#)

How is day 3 going?

Turns out NY is still blue....too bad.

\*\*\*\*

Not sure what you meant... but I'm maskim!

but at least lawler won against melony...

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Re: Overcoming challenges

Posted by Zedj - 10 Nov 2022 05:21

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[Geshmak! wrote on 10 Nov 2022 03:31:](#)

[Human being wrote on 10 Nov 2022 03:08:](#)

[Zedj wrote on 10 Nov 2022 00:48:](#)

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I meant Zelden conceded the race to Hochul....but any ways we move on.

ONE DAY AT A TIME!

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Re: Overcoming challenges

Posted by Geshmak! - 10 Nov 2022 05:39

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[Zedj wrote on 10 Nov 2022 05:21:](#)

[Geshmak! wrote on 10 Nov 2022 03:31:](#)

[Human being wrote on 10 Nov 2022 03:08:](#)

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ONE DAY AT A TIME!

Yup great attitude!! I wasn't referring to your post I was referring to human beings \*\*\*\* I said I  
) but I'm maskim...

chap?

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don't know which word he meant ( I probably don't won't to know

Re: Overcoming challenges

Posted by Zedj - 10 Nov 2022 05:57

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[Geshmak! wrote on 10 Nov 2022 05:39:](#)

[Zedj wrote on 10 Nov 2022 05:21:](#)

[Geshmak! wrote on 10 Nov 2022 03:31:](#)

[Human being wrote on 10 Nov 2022 03:08:](#)

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Ohh I chap! I completely missed it.

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Re: Overcoming challenges

Posted by Geshmak! - 11 Nov 2022 00:55

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Good for you!

So how's day 4 coming along?

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Re: Overcoming challenges

Posted by Zedj - 11 Nov 2022 02:05

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BH day 4 clean.

Some fantasies....if I had an unfiltered device available today i would probably use to be honest.

Has been on my mind for a while.

I've spoken to fellow gye members and a mashpia about my porn use ect ect but I never actually shared my actual fantasies...

Has anyone felt they benefited by sharing their "darkest" fantasies?

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Day 4 (my counter says day 5...I may just skip to that

Re: Overcoming challenges

Posted by yechielmichel - 11 Nov 2022 02:54

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[Zedj wrote on 11 Nov 2022 02:05:](#)

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Has anyone felt they benefited by sharing their "darkest" fantasies?

You have to be sure the person you are speaking to is ready to handle it.

The benefit to you would be if these "darkest" things cause you to be ashamed of yourself. If someone could in all honesty tell you... "oh, yes, sure, people who are exposed to porn often end up with such fantasies.. you're totally normal for ending up like that..." -- that can lift the burden of shame off you...

On the other hand, if they cannot handle it, that can make things worse for you...

(Just to clarify, this is just regarding shame - as opposed to guilt. Shame just burdens you down and makes you feel low of yourself. Guilt - knowing that what you did is "wrong" can be a good thing and a impetus to change)

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Re: Overcoming challenges

Posted by Zedj - 11 Nov 2022 04:52

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[yechielmichel wrote on 11 Nov 2022 02:54:](#)

[Zedj wrote on 11 Nov 2022 02:05:](#)

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Thank you yechielmichel for taking the time to respond.

I understand that it would have to be someone that could handle it.

I think i do have some shame as i have not shared my fantasies with anyone....

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