

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 Human being - 11 Nov 2022 08:34

Yes it's definitely beneficial to share our 'dark parts' it is not only good, ultimately it's the only way to heal. When we don't share we have a feeling inside that tells us...., "if only people ever figure out about 'this and that' then I will not be able to be loved liked wanted etc. When we share and we see that we CAN still be liked, we always have a path forward no matter what our 'dark side' is.

I myself have darks parts that took me a long time to face and look at myself in the mirror and say that I'm normal. I first told my therapist. Then I shared it privately. Then I shared it publicly. It's a process. We can't just spew it to everyone. We have to find people we can trust are ready to hear the information from us, to be open and start the growing and healing process.

That being said, I've had many conversations with a bunch of people about my own dark side (more abnormal parts of myself) and others have had many conversations with me about their own supposedly, 'terrible' dark sides.

Feel free to share with me whenever you want. There will be no judgment no matter what. If you want to share my ears are open. Feel free to email me.

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Re: Overcoming challenges
Posted by Zedj - 13 Nov 2022 06:39

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

Zedj looks like will have to start our Lchairs again, wow that was a life time ago.....

Yes! Let's do it!

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Re: Overcoming challenges
Posted by Zedj - 13 Nov 2022 06:48

Feel free to share with me whenever you want. There will be no judgment no matter what. If you want to share my ears are open. Feel free to email me.

Thank you for your response HB!

and thank you for keeping your ears open (not just for me but others as well)

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Re: Overcoming challenges
Posted by Zedj - 13 Nov 2022 06:56

Day 6 clean bh

Shabbos went well BH

Wishing you'all a wonderfull week!

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Re: Overcoming challenges
Posted by Zedj - 15 Nov 2022 06:01

My counter is on day 9 now..so im gonna go with that.

9 days clean BH

Wishing you'all well

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Re: Overcoming challenges
Posted by Zedj - 16 Nov 2022 01:17

10 days clean BH

Today was kept busy.

Looking forward to share the same tomorrow.

Wishing you all well!

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Re: Overcoming challenges
Posted by Zedj - 17 Nov 2022 06:26

11 days clean

BH doing well

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Re: Overcoming challenges
Posted by YeshivaGuy - 17 Nov 2022 15:13

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Re: Overcoming challenges
Posted by Zedj - 20 Nov 2022 07:07

14 days clean BH

Wishing you all well!

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Re: Overcoming challenges

Posted by Geshmak! - 21 Nov 2022 03:54

How's day 15 going? (Or maybe better said how'd did it go?)

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Re: Overcoming challenges

Posted by Zedj - 22 Nov 2022 05:19

[Geshmak! wrote on 21 Nov 2022 03:54:](#)

How's day 15 going? (Or maybe better said how'd did it go?)

Thank you for keeping me on my toes!

i'm Mostly doing well. Not perfect but clean

16 days clean BH!

Wishing youall well!

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Re: Overcoming challenges

Posted by Zedj - 23 Nov 2022 05:24

17 days clean BH

Wishing you all well.

Total number of days clean is 770..made me a bit happier seeing a familiar number

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Re: Overcoming challenges

Posted by Geshmak! - 23 Nov 2022 05:36

[Zedj wrote on 23 Nov 2022 05:24:](#)

17 days clean BH

Wishing you all well.

Are you involved in the massive kinos hasluchim??? Your the shliych on gye!!

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Re: Overcoming challenges

Posted by Markz - 23 Nov 2022 05:46

[Geshmak! wrote on 23 Nov 2022 05:36:](#)

[Zedj wrote on 23 Nov 2022 05:24:](#)

Total number of days clean is 770..made me a bit happier seeing a familiar number

17 days clean BH

Wishing you all well.

Are you involved in the massive kinos hasluchim??? Your the shliyach on gye!!

Total number of days clean is 770..made me a bit happier seeing a familiar number

Next time you're in the airport and hear a Jew asking "Have you heard of GYE", instead of

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