

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 Geshmak! - 24 Nov 2022 03:17

How's day ?? going/gone??

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Re: Overcoming challenges

Posted by Geshmak! - 28 Nov 2022 00:57

Hey! Dear zedj!

What's up?? Looking time since you post last.... I (we) mist your update's!

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Re: Overcoming challenges
Posted by Zedj - 28 Nov 2022 03:15

[Geshmak! wrote on 28 Nov 2022 00:57:](#)

Hey! Dear zedj!

What's up?? Looking time since you post last.... I (we) mist your update's!

Hi Geshmak!

The wait is over.

B"H im 22 days clean.

Today went more or less well.

My phones filter is off for the night as I had to get some stuff done.

Should be back on tomorrow morning.

I plan to update with good news!

Wishing you all well

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Re: Overcoming challenges

Posted by Geshmak! - 28 Nov 2022 04:03

[Zedj wrote on 28 Nov 2022 03:15:](#)

[Geshmak! wrote on 28 Nov 2022 00:57:](#)

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Yay! I was getting nervous... lol!

looking forward seeing the great news...

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Re: Overcoming challenges

Posted by Geshmak! - 28 Nov 2022 04:03

[Zedj wrote on 28 Nov 2022 03:15:](#)

[Geshmak! wrote on 28 Nov 2022 00:57:](#)

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Re: Overcoming challenges

Posted by Zedj - 29 Nov 2022 04:14

Before I update Ill have to stand before the judge and jury.

maybe I'll be able to get off the hook this time.

Got cought up in VERY iffy stuff...

Will iyh speak it over with a fellow gye member and go from there.

In situations where I have to take off my filter, it's been pretty common that I slip up.

I think it's b/c

1- its a chap arien moment

2- im useing for an escape

I never fully grasped the idea of escaping but I think last night have me a pretty good idea.

Wishing you all well.

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Re: Overcoming challenges
Posted by Zedj - 04 Dec 2022 15:36

Fell.

Watched porn.

didn't even attempt to reach out to any one

I'm losing peitence with myself.

Hopefully I'll be able to get a grip on myself and get the motivation back to keep going

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Re: Overcoming challenges
Posted by Gevura Shebyesod - 04 Dec 2022 15:46

A very Choshuve guy on this site wrote the following in his signature:

”One who has given up hope is without a G?d.

One who sees hope in each day is already free”

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Re: Overcoming challenges
Posted by Sapy - 04 Dec 2022 17:35

Sorry to hear Chabibi.

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Re: Overcoming challenges

Posted by excellence - 04 Dec 2022 18:27

Dear Hakodosh R Zedj,

Even though I don't really post on your thread, I have always been following your journey, I think from when you started posting.

Your'e a true inspiration to me, It's the battle that counts and you excel at that. falls are extremally frustrating, but let it pass and move on. I wish I had been involved in GYE as a bochur. If you pull yourself up right now, you have no idea what a tremendous impact it can have on your life.

keep on inspiring us,

Love excellence

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Re: Overcoming challenges

Posted by Zedj - 06 Dec 2022 01:43

[Gevura Shebyesod wrote on 04 Dec 2022 15:46:](#)

A very Choshuve guy on this site wrote the following in his signature:

”One who has given up hope is without a G?d.

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Thank you.

I see you pulled "you said it yourself" card.

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Re: Overcoming challenges
Posted by Zedj - 06 Dec 2022 01:44
it kinda worked.

[Sapy wrote on 04 Dec 2022 17:35:](#)

Sorry to hear Chabibi.

Thank you!

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Re: Overcoming challenges
Posted by Zedj - 06 Dec 2022 01:47

[excellence wrote on 04 Dec 2022 18:27:](#)

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Love excellence

Thank you excellence for your kind words and thank you for following my posts.

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Re: Overcoming challenges
Posted by Zedj - 06 Dec 2022 01:56

1 day clean!

WE ARE BACK!

Before I get too excited this is the deal.

I have 2 ideas in mind

start afresh as i did when i first started GYE:

- 1: Making a deal with a fellow gye member
- 2: Writeing out a pro/con list
- 3: writeing up a contract with specific conditions customized for myself
- 4: nightly accountability to make sure im clean

Sounds intense I know..

Idea #2

Get a kosher phone....still something i have to look into and see if it will be practical for me.

just wondering the peoples thoughts on the subject.

what would you choose and why?

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