

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 - 14 Dec 2020 03:04

20 days clean

20 days down. It feels as though it is a year.

Really bored now.

Anyone have any eitzas for boredom?

Maybe a knock out of the park shiur or something interesting?

It could be it's just a dormant desire, but movies/tv shows have not interested me in a while. I guess that is a good thing but I still need to find things to fill up what I am missing.

Wishing you all a happy 4rth night of Chanukah!

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Re: Overcoming challenges

Posted by starting - 14 Dec 2020 07:03

Distractions list (add/take away as desired):

- Torah: Listen or watch a shiur, learn with a chavrusa, learn something interesting yourself.
- Chores: Shop, clean, cook, wash dishes, iron, garden, laundry
- Exercise: Brisk walk, run, swim, pilates, weights, bike, push ups, outdoor activities, sports
- Games: Get games on your computer/phone that will fully engage your mind (and your hands...). Figure out a Rubik's Cube, play a strategy game, tetris, chess, sudoku, crossword puzzle.
- Drive or walk somewhere: Write down three places you can go that might help the craving or urge subside.
- Art: Draw, paint, write, photography, play music
- Read or listen: Favorite music, Read an engross book (non fiction, fiction), GYE forum, handbook, articles or videos.
- Social activities: Call a supportive friend. talk to a family member (parents, siblings,

spouse, children), hang out with a friend, write an email or text/whatsapp message to a friend. Call a GYE partner or mentor. Write names or initials of two people that you can talk to whenever you begin to have a craving or urge.

- Team sports: table tennis, hockey, soccer, softball, kick ball-just be with others
- Trades and crafts: Paint, build, work on car, tinker in your garage
- Vent feelings: Talk, start a journal, draw, throw eggs (just kidding.)
- Volunteer: start or join a chessed project. (Doing something for someone else is a great way to get out of our own problems and be constructive. Not only does helping others distract us from our distressing thoughts, but it also makes us feel like we are contributing and are playing a valuable role in another's life)
- Food: Eat or drink something, make popcorn, make beer (yg), cook, bake, eat a healthy snack (nuts, cheese, fruit). drink a glass of water, make a good coffee.
- Organize: email inbox, wallet, room, desk, pictures, plan on redecorating your home or room
- Refresh yourself: Drive somewhere, take a shower, hold an ice cube until the urge passes, splash cold water on your face to “reset”, Deep breathing, belly breathing, gratitude breathing. Tighten the muscles in your body in a particular sequence, over and over (tighten your feet, then your calves, then your thighs, then your pelvis, then your stomach, then your chest, then your shoulders, then your neck, then your face, over and over again). Plan your next vacation-if you haven't done that yet since your last vacation
Pre corona
- Reduce sexual tension: Take a cold shower.
- Hobbies: Work on your favorite hobby (e.g. look into your genealogy on the Internet).
- Redirect your attention:
 - What is the happiest place you can imagine? Think about being there. Think of every sensory detail—see, hear, smell, taste, and touch these. Picture yourself by a stream, in the mountains, or staring at the passing clouds in the sky. Let yourself feel, smell and hear your surroundings in your virtual reality. If distressing thoughts intrude, try to let them pass and refocus on your peaceful surroundings.
 - Make a list of good memories that you can refer to when you need it, or a list of pleasant activities you can use as distractions. Thoughts can be of events, people, songs, phrases, or even places that are special to you in some way.
 - Focusing on your Hierarchy of Values (i.e. the top five values in your life) is a positive form of distraction.

Or you can imagine wierd and impossible things ie a pink elephant walking a tightrope.

- Echoing. Echoing can be compared to counting sheep while trying to fall asleep. The goal is to have a repetitive thought or task taking the cognitive space that distressing thoughts and feelings occupy.
 - Replay a song, recite a quote or poem over and over, count ceiling tiles, steps, heart beats or anything else in your environment. When you do this, your body will start to calm.
 - Play the "alphabet game" by looking at license plates, book titles or a printed page and find an A, then a B, then a C, etc. Even simple activities like saying the alphabet or alef beis backwards can fill up your attention so that you have nothing for the urge.
 - Look around you. Is there something in the room that you could count? It might be ceiling tiles, floor tiles, designs on wallpaper or paneling, window blinds, leaves of a plant, or something that you can observe through a window outside the room. Count the objects that you see as rapidly as you can. For instance, count the number of blinds that you see on a window. If you count very rapidly and as accurately as you can, you will find that other thoughts that were on your mind go away, because you are focused on the counting.
 - Subtract numbers (for instance, subtract 7 from 1,000 and get 993, subtract 7 again and get 986, subtract 7 again, and so on)
 - Say the alphabet backwards
 - Read words backwards (say the word correctly but read the sequence backwards: "backwards words read")

Thanks menachem

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Re: Overcoming challenges
Posted by Zedj - 15 Dec 2020 07:20

21 days clean

Thank you @starting. This is an amazing list. Thank you for reposting here.

Because of @grant starting with the Chanukah challenge and @yeshivaguy getting some gye members back in the game, there was a lot of action on the forums.

Thank you for putting the effort in.

Now back to me..

Attended a wedding tonight....I really don't know what happened to the nice idel atmosphere of weddings.

I've been to weddings before where there is a lot of hype ect but tonight was different. It was some serious disco disco to a whole new level.

Anyways it was what it was.

Im not into these things so I kinda did my own thing.

Anyway, wishing you all a very Happy Chanukah!

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Re: Overcoming challenges

Posted by YeshivaGuy - 15 Dec 2020 07:30

Yup been in those situations all too often.

Such events make me want to cry...

Anyway, glad to hear ur doing so well!!

A Freilechen Chanuka!!

YeshivaGuy

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Re: Overcoming challenges
Posted by Zedj - 16 Dec 2020 07:54

22 days clean

It's late but I feel I need to let out some steam.

For the past few days I noticed that the desires I have or thoughts I have sometimes feel they are rageing within me, kinda like trapped in a cage.

That's the best I can describe what I'm feeling now.

Can anyone relate?

Withdrawal?

Even if I wanted to, I wouldn't be able to fulfill these intense feelings/desires because I have a pretty well filtered phone.

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Re: Overcoming challenges

Posted by Zedj - 16 Dec 2020 08:00

Please let me know I'm not crazy.

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Re: Overcoming challenges

Posted by YeshivaGuy - 16 Dec 2020 13:11

[Zedj wrote on 16 Dec 2020 08:00:](#)

Please let me know I'm not crazy.

Nah buddy, ur not crazy.

Unless we're both crazy...

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Re: Overcoming challenges

Posted by Grant400 - 16 Dec 2020 13:57

[Zedj wrote on 16 Dec 2020 08:00:](#)

Please let me know I'm not crazy.

My dear Zedj! That's EXACTLY how I feel the past few weeks. I too have no access to real stuff, but this desire is so raging that there is temptation to start scavenging for as much as possible (like sitting on Netflix and digging for gold) and a desire to gain access somehow.

I'm in so much pain recently with urges. It is just like you described it. Sometimes I wake up feeling a little better and as the day goes on my feelings advanced to full throttle, like an F16 during takeoff. Sometimes I'm busting so bad, I feel like it will pop out of my fingertips!

But I know that no matter the pain, it will always be worse after I give in.

Hang in there my brother!

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Re: Overcoming challenges
Posted by Zedj - 17 Dec 2020 07:56

23 days clean

Thank you guys for the support..

Last night I thought I was gonna explode.

BH I pulled through, was alot better today.

I hope you are all doing well.

Happy Chanukah!

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Re: Overcoming challenges
Posted by Grant400 - 17 Dec 2020 13:12

[Zedj wrote on 17 Dec 2020 07:56:](#)

23 days clean

Thank you guys for the support..

Last night I thought I was gonna explode.

BH I pulled through, was alot better today.

I hope you are all doing well.

Happy Chanukah!

Music. This post is the most beautiful melodious music to our ears. Thanks for sharing!

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Re: Overcoming challenges

Posted by OivedElokim - 17 Dec 2020 18:11

Wow. Very inspiring. KUTGW!

Every time you push the thoughts away it gives tremendous pleasure to HaShem.

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Re: Overcoming challenges

Posted by Zedj - 18 Dec 2020 07:51

I'm in so much pain recently with urges. It is just like you described it. Sometimes I wake up feeling a little better and as the day goes on my feelings advanced to full throttle, like an F16 during takeoff. Sometimes I'm busting so bad, I feel like it will pop out of my fingertips!

Thank g-d the feeling I had was right before I planned to sleep, it was oddly powerful it felt more like a need rather than a want or desire.

Is there anything you found to be helpful when this happens?

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Re: Overcoming challenges
Posted by Zedj - 18 Dec 2020 08:16

24 days clean

Its zoys Chanukah tonight...what better way to celebrate 2 dozen clean days other then with a grand L'chaim?

Now obviously you can't have L'chaim yourself, you need to say L'chaim with a chaver.

Thank you @youngster for reminding me to celebrate

It was definitely one of the most rewarding L'chaims I've had.

It was so invigorating.

Went out tonight to try to find some jews to give out menorahs,

BH we found a few.

It was good to get out and forget about me for alittle bit.

Happy Chanukah to everyone!

I hope the light of Chanukah will permeate your mind body and soul with the strength to trudge forward and keep climbing.

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Re: Overcoming challenges

Posted by Grant400 - 18 Dec 2020 11:59

[Zedj wrote on 18 Dec 2020 07:51:](#)

I'm in so much pain recently with urges. It is just like you described it. Sometimes I wake up feeling a little better and as the day goes on my feelings advanced to full throttle, like an F16 during takeoff. Sometimes I'm busting so bad, I feel like it will pop out of my fingertips!

Thank g-d the feeling I had was right before I planned to sleep, it was oddly powerful it felt more like a need rather than a want or desire.

Is there anything you found to be helpful when this happens?

I can't share anything magical, just what works for me.

1. I remind myself that it's just a feeling, no matter how much it feels like a need.
2. I remind myself of my feelings after the last time I didn't stay strong. Both, the feeling like garbage and the fact that I realized that the desire for the enjoyment, is greater than the actual enjoyment.
3. I remind myself that every time I act out again can lead me to a more dangerous addiction level, which can eventually cause me to do crazy things to get my fix, and completely take over my brain and life, by causing me to obsess about it every second.

4. I remind myself how all of my davening, learning and mitzvos after will feel horrible and completely disconnected.

5. I think about having to restart my streak count.

(For married people)

6. I imagine how I will feel around my lovely wife after I spend time fantasizing or ogling other womans bodies, while she mistakenly believes I share that aspect exclusively with her. (It's one of the most horrible feelings in the world).

Grant

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