

## 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 YeshivaGuy - 01 Sep 2021 09:03

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Rabbeinu, hows it going?

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Re: Overcoming challenges

Posted by Zedj - 12 Sep 2021 05:55

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I really gotta post here more often.

I'm going to bli neder post here at least once a week even if it's just something small

BH Yom tov was fabulous.

Sometime it gets hard

The usual fantasies and what not just pop up during davening or just when I'm simply trying to relax.

This quote has been helpful for me as of late.

"Thoughts and feelings are not your friend"

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Re: Overcoming challenges

Posted by wilnevergiveup - 12 Sep 2021 07:57

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[Zedj wrote on 12 Sep 2021 05:55:](#)

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I don't know who came up with that line but you *are* your thoughts and your feelings (my friend).

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Re: Overcoming challenges

Posted by Captain - 12 Sep 2021 14:09

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[wilnevergiveup wrote on 12 Sep 2021 07:57:](#)

[Zedj wrote on 12 Sep 2021 05:55:](#)

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I don't know who came up with that line but you *are* your thoughts and your feelings (my friend).

My guess is that what was meant is to view thoughts and feelings that just start up out of nowhere as just our bodies expressing something that is not *us*. This way we can ignore it instead of getting worked up or letting it define us (= letting it be how we view ourselves, and viewing it as an integral part of ourselves). This makes it much easier to dismiss it and to not give it much meaning and significance.

This is as opposed to willful thoughts, or when we notice that we are having such thoughts and willfully choose to continue thinking about them. Those thoughts are more of *us*.

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Re: Overcoming challenges

Posted by Zedj - 13 Sep 2021 04:44

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I thought I submitted a reply but I guess it didn't go through.

In any case at least for me I feel (at times) i give the thoughts and desires too much attention..more attention then they deserve.

at the end of the day a thought is a thought and a feeling is a feeling ( In the sense that they shouldn't be taken too seriously and best to ignore them)

Just elaborating on what was already said.

Wishing you all the best

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Re: Overcoming challenges

Posted by wilnevergiveup - 13 Sep 2021 07:48

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[Zedj wrote on 13 Sep 2021 04:44:](#)

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Just elaborating on what was already said.

Thank you @captain for elaborating and doing a fine job too.

Wishing you all the best

Your point is well taken and I don't disagree, I am just presenting another angle. The way I see it, a feeling or thought may not be how you *should* identify yourself, but it often is indicative of how you *do* identify yourself. Ignoring them can just be ignoring that you actually have a problem to deal with. Dealing with the thoughts and feelings in a healthy way might be a better idea.

So for example, if I feel that I am a loser, even though logically I know that I am not, ignoring this feeling means that it will come every time I am triggered to feel down. I am not dealing with the issue, I am just ignoring it. However doing exercises that build my self esteem and sharing with a friend who can give me chizzuk etc. are things that I can do that will actually help solve the problem. It's true that you don't have to be what you feel, but until you do something about it, the truth is that you actually are how you feel.

Just sharing another angle, take it or leave it. I could argue either side of this, I don't believe one side is more right than the other, just keep an open mind to the idea of change instead of ignoring a problem.

All the best.

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Re: Overcoming challenges

Posted by Captain - 13 Sep 2021 13:20

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[wilnevergiveup wrote on 13 Sep 2021 07:48:](#)

[Zedj wrote on 13 Sep 2021 04:44:](#)

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All the best.

This is definitely true. Regarding the area of thoughts of taivah it's different though, and it seems that the ignoring method works best for random thoughts and just-starting-up desires.

Unless you know that this is something that is a major trigger for you and will just keep re-appearing with passion and emotion. Then something more drastic is needed.

Either way regarding taivah I don't think it's good to try to identify yourself and where you are holding, especially by judging yourself based on your thoughts and feelings that pop up. Usually that just makes you identify yourself as a luster or a person who gives in (which probably even is wrong because these are just thoughts that came up, and you're a normal human male). It's better to say "i'm a fighter" (as long as you are trying something to get out, like being here on gye and trying strategies etc) and then not think about whether "you are pure" or not and how "holy" you are or are not.

Again, this too probably is different for taivah than other matters.

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Re: Overcoming challenges  
Posted by Zedj - 23 Sep 2021 04:01

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Update for the chevra,

The night before Yom kippur I had a hiccup and searched something i shouldn't of and the result was that i ended up reading some explicit/arousing content.

It took me a few minutes to get my act together and contacted a GYE member and let him know exactly what happened.

i promised myself i would get the site blocked before Yom kippur and BH that is what I did.

Other than that I'm doing well.

I plan to continue to count as if nothing happened and consider it a learning experience.

Wishing you all well

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Re: Overcoming challenges

Posted by Zedj - 30 Sep 2021 14:14

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I regret to inform the chevra that i had a fall this morning.

looking forward to speaking to a GYE member later today to get back on my feet.

310 days clean (353 cumulative days!)

I know im in a better place then where i was 10 months ago and I feel this fall is only so that i should up my game.

I'm going to wait to reset my days until after i figure out the plan going forward.

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Re: Overcoming challenges

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Posted by DavidT - 30 Sep 2021 14:36

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[Zedj wrote on 30 Sep 2021 14:14:](#)

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As I'm reading your post, I am trying to imagine the pain... Unimaginable.

In SMART recovery\* we believe that if we learn from the fall then it's only considered a lapse, not a relapse.

**Please try to focus on your amazing 353 cumulative days!**

*(\* a lapse is also known as a slip: when an individual in recovery reverts to acting out and stops again within a short time. The almost immediate retraction helps a person to avoid falling back into addiction once again, but a lapse can feel like a setback in recovery even if the person regains sobriety. A lapse can be a productive reminder that you have to remain dedicated to recovery.)*

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Re: Overcoming challenges

Posted by taherlibeinu - 30 Sep 2021 15:22

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310 Days!!! that is an incredible achievement. You are truly amazing. Don't let the fall get you down - move onwards and upwards! BH you should be matzliach.

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Re: Overcoming challenges

Posted by Zedj - 30 Sep 2021 22:10

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Thank you DavidT and tahrerlibeinu for your kind words

Thank you for those that reached out privately.

I would never have gotten close to 310 days without GYE and the amazing community here.

Here I am back to day one.

There are some changes gonna be made to move on forward.

1-write up a new contract with specific rules customized accordingly.

2-tightening up restrictions on netspark

3-bli neder will look into screen monitoring (if you know of a good one please let me know... preferably free)

4-Will continue to keep up nightly updates to a GYE Member.

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Re: Overcoming challenges

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Posted by Captain - 01 Oct 2021 00:13

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[Zedj wrote on 30 Sep 2021 22:10:](#)

Here I am back to day one.

You are back to Day 1 on a gimmicky chart thing that ultimately does not matter. You came here to get taivah under control, not to rack up points on a chart. And in that you are doing great! And it's amazing that you got right back up- you are basically where you left off!

There are some changes gonna be made to move on forward.

We should all learn from this, that the first minute there's a crack in the armor then serious changes are made and tightening up of any vulnerabilities. You are a hero!

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Re: Overcoming challenges

Posted by wilnevergiveup - 01 Oct 2021 06:25

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Hey Zedj, I feel for you. I've been there, done that. Falling after a really long streak has it's own unique challenges. On the one hand, you know it can be done and what works and doesn't, on the other hand, there might be a lot of built up frustration, stress, urges and so on. Because of this sometimes we actually killed the momentum long before the streak was over.

I find that it really helps to be in touch with someone on a daily basis, at least for the first few days until you get back on your feet (I know that you mentioned that you were planning on connecting with someone). The second thing that is helpful is to make a deal with someone, also just until you get back on your feet to make sure you don't *chap arein*.

It's really hard after you just deprived yourself from this for all that time, your Y"H will throw all it's got at you. Try to remember all that you've learned and take this as a learning experience.

All the best, when you get through this, you will be even higher.

Wilnevergiveup

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