

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 Zedj - 19 Aug 2022 21:36

[Markz wrote on 19 Aug 2022 21:09:](#)

[Zedj wrote on 19 Aug 2022 15:37:](#)

I fell again.

Found a way to look at explicit photos on a computer that has gentech installed

I tried going on some sites but BH gentech didn't allow the situation to get worse.

I tried to explain the situation to a gentech representative but they said he can only fix an issue

For the time being my pc is considered unfiltered and if need to use it I will text a fellow gye member before using.

It seems from my conversations (from what I understood) im just a regular normal healthy dude that will get caught up looking at things from time to time.

I really hope that it's not anymore than that.

if he sees it first hand.
I think I'm ready to start afresh.

Yes you are normal, as we all are!How about adding accountability program which is what I have because filters are not sufficient for me. Think about it!

Thank you.

Yes, I have and will think about it.

If any one knows of a good screen accountability for a computer that would be awesome.

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Re: Overcoming challenges

Posted by Beitzah3 - 19 Aug 2022 21:50

I just installed webchaver for myself which seems pretty good. There's also one called something like truple, forgetting exact name. But webchaver is good.

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Re: Overcoming challenges

Posted by Markz - 19 Aug 2022 22:45

On the recent posts page, your question is answered already!

Just remember, that this is a fence and not a recovery tool. So if you're guy that likes fencing then maybe try to find a different form of wrestling:-)

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Re: Overcoming challenges

Posted by Zedj - 22 Aug 2022 18:00

BH 4 days clean.

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Re: Overcoming challenges

Posted by Zedj - 28 Aug 2022 15:34

BH 10 days clean!

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Re: Overcoming challenges

Posted by YeshivaGuy - 31 Aug 2022 06:22

[Zedj wrote on 28 Aug 2022 15:34:](#)

BH 10 days clean!

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Re: Overcoming challenges

Posted by Zedj - 07 Sep 2022 00:37

20 days clean BH!

In general doing well and trying to keep myself on my toes.

Seems like once i deal with one stress, another stress seems to pop up.

1-Started looking for a job.

2-shidduchim is emotionally overwhelming....I guess it's not easy to find the Rivka amongst the thorns.

Wishing you all well.

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Re: Overcoming challenges

Posted by Zedj - 13 Sep 2022 23:05

26 days clean!

B"H doing well.

B"H I have a paid internship for a job. Gonna try it out for 2 weeks and assess whether it's for me or not. Not sure when I'm gonna be starting but it's about time I have proper schedule.

Wishing you all well!

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Re: Overcoming challenges

Posted by Knightynight1 - 14 Sep 2022 02:30

BH! I am at Day 52. The urges can be intense at times, but having a good filter makes a big difference. In HaYom Yom Elul Tes, the Rebbe mentions that a subject of personal concern can be understood well even if one is not strong intellectually if it is of importance to him.

I feel that this message resonates with me and many of you as well. When something is important to you, one finds a way to overcome the challenge or succeed in understanding even if the task seems beyond your grasp.

The Yetzer Hara is very strong, but G-d with us and we will succeed. I was reading in Chapter 26 of Tanya that a much stronger person could lose a battle if he is being lazy or sluggish. Even though the Yetzer Hara is stronger than us, if we meet up for the challenge and are not get lazy, we will win. May everyone be successful in overcoming challenges, and IYH I hope to get to 90 days.

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Re: Overcoming challenges

Posted by Zedj - 18 Sep 2022 06:17

31 days clean!

BH doing relatively well in light of my current stresses.

Looking forward to another clean week.

Wishing you all well!

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Re: Overcoming challenges

Posted by YeshivaGuy - 20 Sep 2022 03:52

[Zedj wrote on 18 Sep 2022 06:17:](#)

31 days clean!

BH doing relatively well in light of my current stresses.

Looking forward to another clean week.

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 07 Oct 2022 05:32

50 days clean!

BH doing well.

Yom Kipper was not as inspiring as I'd hoped. Not sure why.

Mostly busy at home which is great for me.

Keeping intouch with a fellow gye member to keep me in line as much as possible.

Wishing you all well!

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Re: Overcoming challenges

Posted by Zedj - 13 Oct 2022 14:45

Unfortunately I was able to look up nudity on an app I had on my phone.

Moving on.

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Re: Overcoming challenges

Posted by 613shmira - 13 Oct 2022 15:00

Testing.

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