

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 ColinColin - 02 Dec 2020 18:54

Zedj

Well done for your clean streak.

Porn is like sugary fast food...gives a quick fix and a temporary end to the hunger, but you soon get hungry again because you want more and more.

Instead, feed your soul with home-cooked more nutritious food.

Take things day by day, and enjoy yourself.

Do something each day that you enjoy, which is Kosher of course, but enjoyable.

Focus on that...living and enjoying life.

Try walking, exercise, reading, seeing friends (when Covid allows), painting, studying, davening etc.

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Re: Overcoming challenges
Posted by Zedj - 03 Dec 2020 00:42

feed your soul with home-cooked more nutritious food.

I would so love a home

cooked meal right now!

[spoiler][spoiler]

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Re: Overcoming challenges
Posted by Zedj - 03 Dec 2020 01:05

9 days clean

BH clean.

Anyone that has not taken the opportunity to call up a veteran gye...

WHAT ARE YOU WAITING FOR?

It will be like playing 4d chess while your opponent is playing checkers.

A complete game changer!

(I don't take responsibility for the above, but I truly do believe it)

Yes I know it's hard...(read my thread) but it will help you more than you think.

Who's getting high with me??

Warning: Spoiler!

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Re: Overcoming challenges
Posted by Zedj - 04 Dec 2020 03:22

10 days clean!

Thanks "to the one above" I am happily 10 days clean.

I once heard the following: "you can look once but not twice"

Meaning- if you see something you shouldnt, you can't do anything about it but you do know what you will see if you look again.

This, I think is applicable to everyone to try to look away from things we shouldn't be looking.

What should you do if you did see something? Don't look again!

Wishing you all success!

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Re: Overcoming challenges
Posted by excellence - 04 Dec 2020 06:37

Yes, looking once is like water on a ducks back, the duck does get wet but it trickles off, however looking twice is already more of in imprint on us.

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Re: Overcoming challenges

Posted by Zedj - 07 Dec 2020 05:11

13 days clean.

I'm back to update

Overall a good day but it got a bit tough.

I guess maybe you can say I got caught up with "wishfull thinking" or fantasy.

But B"H nothing more then that.

But boy, if I didn't have a filter, I probably would've succumbed almost immediately.

I don't know how anybody could get to 90+ days without a sort of filter. It seems to me that it is impossible. (Not to knock those that have. I'm jelouse of them.)

I really try to be and stay positive But sometimes this fight can really pull you down and make anyone weary.

Im not giving up just weary.

I guess it's part of withdrawal?

Just sharing my feelings.

As you all know, this is what is happening from an inside perspective. I dont think anyone would really be able to tell I'm feeling this way just by looking at me. In fact, I would maybe even look like I'm happy at the moment.

This is a reminder that no matter what, doing a kind deed or gesture (even just a smile or compliment) to anybody, can make his/her day. A negetive day to a positive day.

Wishing you all the best!

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Re: Overcoming challenges
Posted by Zedj - 07 Dec 2020 05:14

This is a great 'moshel'.

Thank you for sharing.

I will most likely use it in the future.

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Re: Overcoming challenges
Posted by Zedj - 08 Dec 2020 04:18

14 days clean.

Feeling better today.

Though I would say that I can be more careful with some of the things I watched today on my phone. Not bad things and not necessarily triggers but I can definitely identify a pattern that I had in the past.

Wishing you all (and myself) success!

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Re: Overcoming challenges

Posted by Zedj - 09 Dec 2020 06:48

15 days clean

We are getting there.

We all know the GYE motto- ODAAT!

As Chanukah approaches, I look forward to my little miracle.

All I need is a small miracle everyday, just that extra push to get me through to the next day.

"Just a small bit of light can push away much darkness"

Wishing you all much success for the upcoming day.

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Re: Overcoming challenges

Posted by anonymousmillenial - 09 Dec 2020 13:50

Hey Zedj

Keep going.

We're rooting for you.

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Re: Overcoming challenges

Posted by ??? ????? ????? ??? - 09 Dec 2020 17:00

[Zedj wrote on 07 Dec 2020 05:11:](#)

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This is a reminder that no matter what, doing a kind deed or gesture (even just a smile or compliment) to anybody, can make his/her day. A negetive day to a positive day.

What you wrote is so beautiful.

There is something tremendous here that I want to point out to the GYE community. Zedj has demonstrated that through working on these issues there is a spillover effect to other areas of life. We don't only stop looking at pornography and masturbating, but we also grow in other ways. In this case, we can become people who are more kind and more sensitive to others and their feelings. By getting in touch with our inner feelings and dynamics, we come to appreciate them and in turn realize that others are going through the same.

Very beautiful, Zedj. Keeping it up and keep posting!

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Re: Overcoming challenges

Posted by Zedj - 10 Dec 2020 04:29

16 days clean

Thank you for the encouragement guys, it means alot and it is greatly appreciated.

I just started my Chanukah break I hope to be kept busy with Chanukah parties and of course.....

Warning: Spoiler!

I will keep you all updated I"YH

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Re: Overcoming challenges

Posted by Zedj - 11 Dec 2020 04:01

17 days clean.

This is my second time counting to 17 (on gye).

When Hashem created the world, on Tuesday Hashem said ??? twice.

A double loshen of good

So this time around, I hope hashem will hand me a "olive branch" and give me double strength to overcome my personal nisoyon.

Wishing you all a very happy Chanukah!

Warning: Spoiler!

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Re: Overcoming challenges
Posted by Zedj - 11 Dec 2020 20:55

18 days clean

Wishing everyone a good shabbos and a very HAPPY CHANUKAH!

All the best

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