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 - 18 Oct 2020 06:35

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Zedj wrote on 18 Oct 2020 06:22**:**

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.

The Gra says that.

And welcome! You've come to the right place and bezras Hashem will succeed!

We are all here for you. Always.

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Re: Overcoming challenges
Posted by wilnevergiveup - 18 Oct 2020 06:36

Welcome! May it be with hatzlachah.

...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...

Wow I got a lot of missions...

Although I know everyone is different, I found that this line of thinking had an extremely negative effect on my breaking free.

For me, the less the life mission the better, after all you can't just forget about your life's mission that easily.

Whatever works, just sharing what works (or doesn't) for me.

All the best,

Wilnevergiveup

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Re: Overcoming challenges
Posted by Zedj - 18 Oct 2020 06:37

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My journey on this forum is gonna be starting from day #7.

I started to get some urges but I hope to overcome them.

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Re: Overcoming challenges
Posted by DavidT - 18 Oct 2020 18:21

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Zedj wrote on 18 Oct 2020 06:37**:**

My journey on this forum is gonna be starting from day #7.

I started to get some urges but I hope to overcome them.

Each person has his own opportunity to serve Hashem in his unique situation. We cannot compare people, because we cannot know what someone would do had he been given another's life-setting and natural temperament. Although people seem to respect outward success, that is not the true measure of greatness. Greatness is accomplishment in the face of great challenge. It is putting in the effort when we are struggling to succeed.

Understanding this causes us to appreciate our incredible opportunity: We can reach the greatest heights by controlling ourselves when challenged with desire. Because it is so difficult to overcome the yetzer hara, defeating him is an incredible achievement!

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Re: Overcoming challenges
Posted by Hashem Help Me - 18 Oct 2020 19:02
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Welcome. Iyh with loads of hatzlocha! Statistically the guys who stay connected break free... so looking forward for more posts. What are your triggers?

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Re: Overcoming challenges
Posted by Zedj - 19 Oct 2020 04:26
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Day 8

Thank you all for reaching out and showing your support, tips, and encouragement.

It really means alot.

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Re: Overcoming challenges
Posted by Zedj - 19 Oct 2020 04:43
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Thank you.

I had not planned to post daily but because of what you said I will try to post as often as possible.

As for triggers, I think it comes down to provocative movie scenes and/or provocative images

So I try to stay away from these triggers as much as possible.

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Re: Overcoming challenges
Posted by Zedj - 19 Oct 2020 04:44

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Hashem Help Me wrote on 18 Oct 2020 19:02**:**

Welcome. Iyh with loads of hatzlocha! Statistically the guys who stay connected break free... so looking forward for more posts. What are your triggers?

Thank you.

I had not planned to post daily but because of what you said I will try to post as often as possible.

As for triggers, I think it comes down to provocative movie scenes and/or provocative images

So I try to stay away from these triggers as much as possible

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Re: Overcoming challenges
Posted by Hashem Help Me - 19 Oct 2020 21:34

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If you remove accessibility to seeing those movies you will be one step ahead of it all.....Maybe it is time to set up serious filters. A little inconvenience = a lot of menuchas hanefesh!

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Re: Overcoming challenges
Posted by Zedj - 21 Oct 2020 04:40

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Day 10

Still in the game.

In this weeks Parshah, Hashem tells Noach to build the teiva (ark).

Just to point out, it took Noach 120 years to build it.

Why did it take so long?

One of the answers given is because Hashem wanted to give the generation a chance to do teshuva. Not a week not a year but 120!

just thought to share.

Hashem has patience...

now, I don't know what tomorrow or the week brings but I hope that I will continue trudging forward with no falls.

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Re: Overcoming challenges
Posted by Grant400 - 21 Oct 2020 13:40

Zedj wrote on 21 Oct 2020 04:40**:**

Day 10

Still in the game.

My dear friend, you will always, always be in the game. There's absolutely no escaping the game. The question just is: Will you be winning or losing?

Grant

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Re: Overcoming challenges
Posted by Striving to be good - 21 Oct 2020 16:11

Zedj wrote on 21 Oct 2020 04:40**:**

Day 10

Still in the game.

You are amazing!!! And remember, amazing people will make it!

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Re: Overcoming challenges
Posted by Im Tevakshena Kakasef - 21 Oct 2020 19:50

Grant400 wrote on 21 Oct 2020 13:40**:**

Zedj wrote on 21 Oct 2020 04:40**:**

Day 10

Still in the game.

My dear friend, you will always, always be in the game. There's absolutely no escaping the game. The question just is: Will you be winning or losing?

Grant

This. And look in the mirror. That's your competition.

Hatzlocha in your journey.

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Re: Overcoming challenges
Posted by Zedj - 25 Oct 2020 05:43

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Day 14

kept you guys all in suspense ??

from my personal experience around the 2 week stage things get tough.

Shabbos was kinda crazy, somehow fantasies kept popping into my head.

I just keep reminding myself to take it day by day.

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