

First post

Posted by beezrashashem1 - 01 Sep 2025 04:49

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This is my first time ever posting on the forum. I've been struggling for 10 years with p and m, I'm 22 and married now, and I reached out to GYE a couple weeks ago. I've talked to Efraim and Eerie and now just had my first call with CleanMendy. I'm looking forward to this being the Elul where I Bez"H finally take control, not only with issurei kedusha, but in all of the aspects of my life and relationships that have been affected by this. Please!!!!

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Re: First post

Posted by stopsurvivingstartliving - 01 Sep 2025 05:13

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Welcome to the Forums! So happy to hear that you already reached out and spoke to people. It's a great step to getting on the right track.

Stick around and keep us posted.

Hatzlacha Raba!

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Re: First post

Posted by hashemisonmyside - 01 Sep 2025 13:53

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Welcome to such a warm family if you stay around you will for sure break free and get the right Chizuk you need

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Re: First post

Posted by cleanmendy - 01 Sep 2025 15:52

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Was a great shmooze!! Thanks for reaching out!

By opening up in a very vulnerable way, reaching out knowing that this can help you get past your struggles shows real gevurah! Your on the right track and will see your life change around for the better beezras Hashem!

Please keep us posted on your journey, were rooting for you!

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Re: First post

Posted by beezrashashem1 - 02 Sep 2025 03:18

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BH celebrating another clean day of what I hope will be my longest streak yet. Would love to hear any tips the oilam has on how to make it last.

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Re: First post

Posted by odyossefchai - 02 Sep 2025 04:03

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Hey, how are you?

Welcome.

Did you reach out to HHM?

He's the master here.

Excited to have you here.

Share with us more about your motivation to stop and why it's different this time.

Also more of your personal story (without too many personal details) helps people here get to know you better.

Hashem should help you on your journey to true cleanliness.

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Re: First post

Posted by amevakesh - 02 Sep 2025 10:08

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Welcome brother to the forums! What a way to go in to the Yomim Noraim. It's not easy to open yourself up to someone else. Yet, you courageously took that first step in order to cleanse your Neshama! Not Pashut. Eerie and Clean Mendy are from the best guys we've got! I don't personally know Efraim, but I'm assuming he is as well. Stick to them and you'll really go far. The going might get rough, but hold their hands, and you'll be fine. Wishing you tons of success on your journey!

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Re: First post

Posted by beezrashashem1 - 02 Sep 2025 15:12

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Rabboisai. In a tough spot. I've been having urges all morning and even started looking at things (nothing too explicit, but nothing too good either). It's crazy how quickly I can go from being so motivated to so close to falling, mamish keheref ayin. BH I haven't done anything, and I'm hoping to break the cycle by reaching out to the chevra here and Beezras Hashem reporting another winning day. Anything you guys can offer would really help me!!

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Re: First post

Posted by BenHashemBH - 02 Sep 2025 15:52

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[beezrashashem1 wrote on 02 Sep 2025 15:12:](#)

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Shalom Brother BeezrasHashem1 and welcome!

Great strategy to reach out.

Also kudos for recognizing the pattern and where things may have been headed so you can steer yourself back on track. You put your seichel back in your head. The YH likes to try and remove our daas for just long enough. You caught him, now kick him out.

For now, get rid of your means to access these images and go do something. We need distance and protective measures. Thank Hashem for helping in that you didn't go further and show your appreciation for that by strengthening yourself and pulling through.

Continued Hatzlacha

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Re: First post

Posted by amevakesh - 02 Sep 2025 15:55

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Textbook case. To be expected. Managing urges that will come your way (especially in the begging) is one of the basic things that has to be learned. Best thing for you to do is to reach out to the friends you've already made. They'll hold your hand and walk you through it. Next best is to read the advice here on GYE either on the forums or in the different programs. It's generally, slightly less effective because it lacks the human connection, but it often does the trick. It's doable, but it has to be learned. You got this! Hatzlacha!

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Re: First post

Posted by beezrashashem1 - 02 Sep 2025 16:03

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BH a new friend on the forum reached out to chat with me just in time. He gave me chizzuk/eitzos and now we are just shmoozing. Really makes such a big difference to have human connection in times of need. And thanks to all those who replied on the forum with advice and validation!!

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Re: First post

Posted by beezrashashem1 - 03 Sep 2025 00:42

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Day's winding down. BH no real falls yet. But I'm really having trouble not looking at stuff. Again, nothing explicit, but just stam pictures of women not dressed so tzniusly. I look at them and I want to m so bad, and I just keep looking more and more throughout the day. It would just be so easy to give in. So convenient. So pleasurable. It's just what I've always done. And it's just so crazy hard to imagine the possibility of continuing to push it off. Like, I can go a few days, but at some point I feel like it's just gonna get too overwhelming and I'm just gonna fall. So my yetzer hara is telling me to just do it, since it's inevitable anyways. I know intellectually that that's not true. I know that Hashem is giving me a challenge, and even just passing that challenge for a

little while is precious and mighty. And I also know that I have the strength to keep pushing it off and get clean for real. It's just so hard to remember these things in the heat of taiva. Davening that I can make it through the night staying clean and continue to push vaiter and vaiter.

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Re: First post

Posted by pain - 03 Sep 2025 02:40

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You are helig

Tell yetzer hora to go to hell

Tell him you don't care about the future

Tell him you care about now and the special person you are

Please keep giving us chizuk

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Re: First post

Posted by keepmekadosh - 03 Sep 2025 03:06

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Hey buddy! Welcome! An eitzah, tell the yetzer hara, just give me today. Leave me alone for today! Also, get yourself a notebook and write a conversation between the part that says to do it and the part of you that wants to stop. Yes a full blown conversation. Hatzlacha!

Dont mind connecting with you! Though I am not a mentor

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