

I'm gonna do it this time

Posted by cleanmendy - 10 Jan 2025 16:12

So I'm up to day 10 Beezras Hashem. I started with talking to guys on the phone who are helping me tremendously. Thank you. I'm learning the power of not keeping all my history (maybe ill share another time) Locked up inside and be ashamed. I'm learning that I was created with this Like every other man in History, And at age 11 and 12 I acted out in those thoughts and ideas in my head, not even knowing that there was even the slightest thing wrong about it. So yes I'm a complete and total Ones. From there my misunderstanding of the challenge led me to run after every possible fantasy I could concoct, and act on them. Which included meeting people many times over the years.

And over the years I tried and tried and tried and tried, failing and failing and failing and failing.

So I saw an ad that promised that its possible to change by just talking to other chevra that have struggled, I didn't really believe it. But because I love my wife and children very much I decided that ill text for their sake alone. Also seeing gyes ads of how many people use this site gave me the extra boost.

I'm far from cured from this terrible disease, but I have to admit that it might be possible. seeing so many holy jews on here that have done it or that don't ever give up, is really inspiring.

My wall that I built around myself and my struggles have been slightly opened to some very special people, who can understand my deep pain and help me through it.

I'll try to continue to update on here.

Have A Gut Shabbos and easy fast!

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Re: I'm gonna do it this time

Posted by cleanmendy - 24 Mar 2025 01:06

My wife is stressed, which means me too.

Making me a little triggered, but hopefully well get past it together, safely.

Also, because I've been doing so well BH, I got a little haughty, and wasn't as careful as I should be.

Hope to stay on guard.

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Re: I'm gonna do it this time

Posted by mickey30 - 25 Mar 2025 00:48

one of Hashems beautiful creations? you have a great sense of humor! love it!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 25 Mar 2025 22:02

Day 84

Bh doing pretty good, although I'm having more thoughts than I would like to. But the thoughts coming into my head is the YH, its up to me what i do with those thoughts.

I started TBOTG for an extra dose of chizuk, and have been reaching out to my chaveirim.

Im also starting Maseches Macos, something which I can hopefully finish over Bein Hazemanim, besides for the chiyus ill get, I wont have too much free time that way.

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Re: I'm gonna do it this time
Posted by trying23 - 26 Mar 2025 02:13

You're a real inspiration.

I hope to be like you

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Re: I'm gonna do it this time
Posted by cleanmendy - 26 Mar 2025 14:05

Day 85.

I was reading TBOTG in bed last night, and I was thinking back over my life. I burst into the most bitter tears.

Why? Why did I have to suffer like that?

I know that now I'm a much stronger person, but still, Why me?

Why did I have to discover all that terrible tumah at such a young age?

Why didn't anyone see a young boy in pain??

Until 8th grade I was the top boy in my class in everything, After that I walked around with this shame and guilt, I cant even put into words. My learning was downhill, and I suffer with the consequences till today.

I know that we don't ask why of the Ribono Shel Olam, But the pain is just too much.

I realized that this is a major Eis ratzon for me. Hashem was watching his child, me, in this pain, He was Crying with me.

I burst into more tears.

But I changed it to Why do **We** have to suffer like this?

Hashem we cant stand this Galus, we want to serve you. We really do. **You know whats in our hearts.** We want to be Mamlich you, we want it to be known that Hashem Echad.

When Moshiach comes we wont be so confused.

How much longer can we do this for. I'm just one child of yours but there's so many more, they just want to be good Yidden. **Its just so hard.**

Please end this Galus. '????? ?

Bh I was able to change it from pain to Tefillah. And Bezh well bring the Korban Pesach in two weeks

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Re: I'm gonna do it this time

Posted by amevakesh - 26 Mar 2025 14:16

Hug, Hug, and another Hug! I'm looking forward to bringing that Korbon together with you. And looking forward to hearing you sing Hallel from the depths of your soul. It's gonna be a special song, and I hope to join you. I only hope I don't burst into tears out loud when I do.

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Re: I'm gonna do it this time

Posted by Muttel - 26 Mar 2025 17:09

You had me crying by my computer.... such raw pain and feeling..... the zechusim youve engendered these 85 days.....

With a ton of brotherly love,

Muttel

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Re: I'm gonna do it this time

Posted by eerie - 26 Mar 2025 18:19

I'm sitting here crying along with you. Oy, may Hashem accept the special teffilois from a special guy!

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Re: I'm gonna do it this time

Posted by cleanmendy - 26 Mar 2025 20:12

I'm **proud** to say, I had a nisayon today, one that I've had many times, and I wasn't embarrassed to reach out to a friend.

Warning: Spoiler!

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Re: I'm gonna do it this time
Posted by cleanmendy - 27 Mar 2025 22:09

Day 86

Although GYE is great for me, there is one pitfall. I start randomly browsing.

I use an internet kiosk, so its filtered, but still I don't think its good for me.

I commit to only using the internet for GYE or absolutely necessary chores until Pesach Bezh.

Ayin sham this post guardyoureyes.com/forum/1-Break-Free/414745-Chaims-Oigen#414748

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Re: I'm gonna do it this time
Posted by mickey30 - 30 Mar 2025 03:25

tears in my eyes on that really raw post!

look when moshiach comes and were bringing the korban peseach in 2 weeks, its goona be because of uuuuuuuuuu! (and the rest of these WARRIORS on here). this is the greatest nisayon and yetser in history and were the guys fighting it, so its pretty obvious whos bringing moshach and ending this golus.

keep inspiring us!

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Re: I'm gonna do it this time

Posted by cleanmendy - 31 Mar 2025 01:01

Day 90!

Beezras Hashem I am holding at 90 days clean! An amazing accomplishment, **I couldn't have done it without those special chaverim to guide me and be mechazek me along the way.**

Although GYE makes a big pump about the '90 Day challenge'. 90 days is not an end goal unto itself. Yes, we have to encourage ourselves and I'm not taking that away. But nothing changes for me at day 91.

Besides for one thing does change.

I was proven wrong, Ill be ????? ?? ????, I Was Wrong.

I thought this was who I was, an uncontrolled person, with a perverted mind, well, I WAS WRONG.

YES, its possible to break free, even if your way past ??? ?????...

Not everyone has the same story, we each have our own tale to tell. The truth is each of our stories are really tough, many are heartbreaking. **There's just one common denominator, the saddest part of each of our stories is, thinking that we cant.**

