

I'm gonna do it this time

Posted by cleanmendy - 10 Jan 2025 16:12

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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 yosefms - 31 Mar 2025 09:28

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Mazal Tov on the milestone R'Mendy!! You are an inspiration.

As echoed by others make sure to stick around and continue to help others.

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Re: I'm gonna do it this time  
Posted by iwannalivereal - 31 Mar 2025 14:03

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Mazel Tov on 90 days!!!

It's been a tremendous chizzuk following your journey, and I'm looking forward to watching you continue to grow.

Keep it up!

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Re: I'm gonna do it this time  
Posted by alex94 - 31 Mar 2025 16:07

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Mazal tov!

May you be zoche to many more clean happy days bezH.

Your words "it really got me somewhere I didn't think was possible." are a most powerful derher. We think we know what we are capable of, where we can get to. But sometimes Hashem sends us this kind of undeniable pircha, an achievement so off our radar we have no choice but to admit, we really dont know the heights we are capable of reaching.

KOMT and may you be zoche to keep on finding new height in all areas.

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Re: I'm gonna do it this time  
Posted by amevakesh - 31 Mar 2025 17:20

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Mazel Tov!!! Mazel Tov!!! In your short time on this holy forum, you have managed to inspire so many with your efforts and perseverance. You have changed yourself, and allowed yourself to believe in what you once thought impossible. May you be ????? to be the catalyst for all those that have a hard time believing. You're gonna go far my friend, and you're gonna bring many people with you, back to our Tatte in Himmel.

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Re: I'm gonna do it this time  
Posted by Muttel - 31 Mar 2025 17:59

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Mazel Tov!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! (not 90 exclamation points)

Amazing work, onwards and upwards!!!!

Muttel

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Re: I'm gonna do it this time  
Posted by eerie - 31 Mar 2025 18:09

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WOW! WOW! WOW!!!!!!

CleanMendy, this is beautiful! You are an amazing inspiration to all of us, and to me in particular

My dear lichtige friend, keep flying higher and higher, and take us along for the journey!

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Re: I'm gonna do it this time  
Posted by cleanmendy - 31 Mar 2025 20:38

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I broke my geder of no randomly browsing. Continuing with the gameplan.

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Re: I'm gonna do it this time  
Posted by proudyungerman - 31 Mar 2025 22:19

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Do you have an accountability partner for this geder?

I know for me, it would be extremely helpful...

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Re: I'm gonna do it this time  
Posted by cleanmendy - 01 Apr 2025 14:51

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Do you have an accountability partner for this geder?

I know for me, it would be extremely helpful...I have one in general. But I don't feel like telling him something so minor, I talk about my bigger struggles. Again I'm not talking about inappropriate browsing.

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Re: I'm gonna do it this time  
Posted by cleanmendy - 01 Apr 2025 14:57

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[proudungerman wrote on 31 Mar 2025 22:19:](#)

Do you have an accountability partner for this geder?

I know for me, it would be extremely helpful...

I don't feel like telling him something so minor, again I'm not talking about inappropriate browsing.

Id rather just post on here.

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Re: I'm gonna do it this time  
Posted by proudyungerman - 01 Apr 2025 15:35

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[cleanmendy wrote on 01 Apr 2025 14:57:](#)

[proudungerman wrote on 31 Mar 2025 22:19:](#)

Do you have an accountability partner for this geder?

I know for me, it would be extremely helpful...

I don't feel like telling him something so minor, again I'm not talking about inappropriate browsing.

Id rather just post on here.

I was suggesting asking a different friend to help hold you accountable specifically for this.

I know that it would do me good to read TBOTG every night, but I was having a hard time getting it done. I found a friend who was also tryin' to read it, and we now hold each other accountable.

I know for myself that while posting here is powerful, this works even better.

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Re: I'm gonna do it this time  
Posted by cleanmendy - 02 Apr 2025 01:00

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I was going on a walk with my kids today, out of the corner of my eye I saw something, without thinking I turned around to go the other way to get a better look. I caught myself and continued on my way.

My YH quickly started telling me, see, your hopeless, did you see how you automatically turned, you'll never beat this. Its just a short term thing, your doomed for failure in the end you may as well enjoy now... He went on and on.

But I countered, yes, I automatically went to get a better look, but then I stopped myself. That sure never happened before!!!!

So I am getting places! Maybe even for the rest of my life ill start looking and then stop myself, I honestly hope not, but I could do it.

On the next corner my carriage broke, a whole new slew of sevaras. Hashem didn't accept your holding back, He doesn't see... He doesn't reward you.

This was a little harder for me, cuz I've had that mindset for a while, that Hashem has to pay me instantly for my good deeds. I know its wrong, I hope to read the chapter in TBOTG that discusses this point tonight.

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Re: I'm gonna do it this time  
Posted by trying23 - 02 Apr 2025 03:21

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Wow

You beat him again

Keep it up

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Re: I'm gonna do it this time  
Posted by alex94 - 02 Apr 2025 07:09

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[cleanmendy wrote on 02 Apr 2025 01:00:](#)

Maybe even for the rest of my life ill start looking and then stop myself, I honestly hope not, but I could do it.

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