

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 - 08 Jun 2025 15:33

[iwantlife wrote on 08 Jun 2025 15:12:](#)

[cleanmendy wrote on 08 Jun 2025 13:38:](#)

Something I've been doing recently is so powerful. Looking down!

It may sound like something unrealistic, but really its the easy way out. When I'm walking and looking around and I see something enticing, its really difficult to look away. But on the other hand If I'm looking down to begin with then I don't even know if there's something enticing to see! I started doing this on two of my walks to Shul on Shabbos. It has helped me immensely.

It also shows me that I don't need to see everything, nothin will happen to me if I don't know what every one in my neighborhood is wearing that week;)

We constantly underestimate the amount of self-control we have. It's time to face reality. We are very much in control of ourselves even if we let ourselves look and do whatever we wanted for years and years. That doesn't change anything.

Thanks for sharing this. I'd add to your great points that a) The easiest time to be in control is before the nisayon. Once you start lusting, self-control becomes orders of magnitude harder. b) If it seems daunting, take it in steps. Kind of like starting a seder for the first five minutes b'retzifus. "I'll keep eyes on the sidewalk for the first block, first two blocks etc." Next thing you know, you're at Shul. c) I find that on top of the practical, immediate benefits of having avoided looking/lusting at passersby for x amount of time, it gives a real boost to my sense of control in general, meaning I'm taking positive offensive actions against the YH and **succeeding**, which trickles over to other areas, like when I'm online etc. Oh yeah and you might have a funny story or two, [I know I have](#)..

About those funny stories... This week I almost crashed into my wife who was waiting for me coming home from shul. Hopefully she thinks I'm a tzaddik and not crazy;)

This really teaches me that I can decide what I want to do, and no fantasy or urge can

control me, because I decided.

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Re: I'm gonna do it this time

Posted by lamaazavtuni - 09 Jun 2025 18:28

R Mendy!!!! When I saw you last you weren't looking down, you were looking straight up towards the heavens soaring higher and higher !!!!

your an incredible inspiration!!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 13 Jun 2025 14:07

This past week has been really really hard for me. I haven't been feeling good about myself. I have feelings that although I'm so many many months clean internally the change isn't that great. This has caused me to feel despondent, feel that I'm not where I wanna be. Which in turn has caused me to act out. Although I didn't fall, I have greatly slipped...

I acted on thoughts and gave in, saying that 'your not getting anywhere anyway'. I haven't done these kind of acts or had these thoughts in 164 days.(That's a long time!)

As a dear friend explained, these are emotional thoughts and not the reality of course I'm getting places. And this doesn't define me.

But this is my personal journal, and I need to write exactly how I feel. (I know I'm usually way more upbeat)

To my credit I reached out and got some really necessary chizuk, and friendship.

I must keep on reminding myself that urges are normal, bad days are normal and these thoughts are normal. At the same time realize the amazing work I've done so far even though I'm having a hard week.

Have a great Shaboos everyone!

Bezh on Sunday, Ill be back with some good news!

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Re: I'm gonna do it this time

Posted by cleanmendy - 15 Jun 2025 11:27

Shabbos went by well Bh. I feel much more back in control of myself and my emotions.

I was mekabel upon myself a small kaballah, not related to Kedusha inyanim, but something that puts me in a better state of mind, Makes me feel like Im growing in my Yiddishkeit. I took something that takes only two minutes, and is easy to be consistent about, it has really helped me.

(Thanks Vehkam for the idea)

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Re: I'm gonna do it this time

Posted by cleanmendy - 15 Jun 2025 16:59

I would like to expound on this life changing idea for me, of taking on something small.

Many times (or all the time) what's bringing me down is, the feeling of worthlessness, failure, not achieving. I can look at my life at say, I am not good enough, I can do better, or, I was doing better last week. Now, I know these feelings are emotionally charged, and of course I have a lot to be proud of. But still, these feelings persist. When I have these feelings, my emotionally

charged brain tells me, well Mr. failure, its all over now this is just who you are. You may as well give in, there's no way you'll stay clean anyway.

I must learn how to keep these thoughts in check, one way of doing this is calling friends, and hearing how they think of me, which is a major chizuk.

On top of this I needed to do something positive. Prove to cleanmendy what he's really all about. Taking something on Kedusha related I didn't feel would do me good because that's where I was failing currently, and I needed something that I could keep.

So, I took upon myself to say Krias Shma Al Hamitah from a card every night for the next month. Something small and doable. The feeling that I got right away was, I can control myself. I spent a lot of time over Shabbos focusing on that, that yes I can keep to my Kabalos, When my Yetzer Hora told me that this is just an easy one, I wasnt mekabel the Lashon Hara:)

Lo and behold, this very quickly changed my mindset to a positive one. If I focus on the good in my life, no matter how small, I can bring that good from small to major!

Thank you vehkam and everyone else who helped me through this!

Have a great day!!

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Re: I'm gonna do it this time
Posted by chaimoigen - 15 Jun 2025 17:07

Kaboom!!! I love it! Thnk you for sharing!

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Re: I'm gonna do it this time
Posted by Muttel - 16 Jun 2025 13:10

I second the motion!

What a beautiful way to show yourself the endless value you have!!!!!!

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Re: I'm gonna do it this time
Posted by cleanmendy - 17 Jun 2025 20:21

Shaky waters, but I'm trying to ride the waves...

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Re: I'm gonna do it this time
Posted by Muttel - 18 Jun 2025 16:24

Reach out to a friend.... (btw, I'd love to hear from you)

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Re: I'm gonna do it this time
Posted by lamaazavtuni - 19 Jun 2025 00:29

Maybe meet a friend

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Re: I'm gonna do it this time
Posted by cleanmendy - 19 Jun 2025 15:42

170 days clean

What I dealt with in the past two weeks was things not going smoothly in Yeshiva, learning wise. For many Zmanim this has happened, and since i started working on myself I've been doing pretty good. So when my learning and davening wasn't going well, (like really not well) I started telling myself that this is the same old you who is dealing with this problem for years, not enjoying Learning and Davening, and not feeling fulfillment in life.

Worse than that I start looking towards the future, if this is me, then why is life worth living, and if I'm not getting anywhere in life I may as well at least enjoy every woman on the street and internet. In English they call it 'giving up'.

The thoughts of what will I look like in 5, 10, or 20 years wont leave my head. I feel inadequate, I'm not what I could be. Ill just continue this failure till 120...

Now worse than these thoughts is how I react to them. Instead of facing them head on, I crawl up into my shell and shut down. Not letting anyone else in to share in my misery. This is what I do time and time again. Its a living hell. Painful.

But I guess I did change cuz I did open up to a **dear friend** today, and got clarity on a lot of what I'm going through.

I hope to have only good news to share.

So basically what I'm trying to say is, don't be insulted if I ghosted you... its not personal:)

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Re: I'm gonna do it this time

Posted by altehmirrerr - 19 Jun 2025 20:19

[cleanmendy wrote on 19 Jun 2025 15:42:](#)

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So basically what I'm trying to say is, don't be insulted if I ghosted you... its not personal:)

Dear holy Mendy, this is already good news! what do u think good news is meant to be? 1 million days clean without growing pains? It's good news that u are posting about it, it's good news that u opened up to a friend, and it's good news that your still in the fight.... **170**, that means that during these hard 2 weeks u still stood strong!, it's crucially important to realize that true internal change is a continues battle, there is no magic light switch, it's the battle of life, here's a warm hug, and know holy brother that you have all of us standing here cheering you on! we hope and daven that you get back to yourself fully, and please don't stay in that shell of yours please share your light with all of us the beautiful light of life,

I feel like i have to state the obvious, now this is not for you mendy, rather for all of us, **RABBOISAY**: please don't get discouraged from our mendy, i know it's very hard for us when we see one of our fellow trailblazers, one of our hero's, one of the few people on here that all of

us look up to and respect like crazy, one of the people who have shteiged so so much, one of the people that are so so helig inside and out, and to see that even him even cleanmendy is being so hard on himself? what are we supposed do think about ourselves now? are we hopeless lost causes forever? here's part of the answer rabboisay this is all part of @cleanmendys unique gadlus that we all came to respect, this is what makes him stand out from the crowd, it's because he is so so so good of a guy that he is mimeila feeling this way now, cuz he expects the best best of himself....., but for us omcha yidden we don't have to worry so much, when we reach his darga we'll revisit ourselves again, hatzlocha to us all, and let's keep on learning from the hero and tzaddik mendy.

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Re: I'm gonna do it this time

Posted by cleanmendy - 19 Jun 2025 22:08

Is there a big enough thank you that I could say to the family I have on GYE??

All I could say is you guys are the best, thank you for being here for me, always.

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Re: I'm gonna do it this time

Posted by cleanmendy - 22 Jun 2025 14:22

Against all odds, I had a clean, productive, and fulfilling Shabbos. It was hot, and I was by a Simcha.

I spoke to Hashem before going out and told him how much I just wanna **not look**, how hard it is for me. I told him how I really need his help to win. Well, Baruch Hashem I had many wins over Shabbos!!

The pleasure of success is immense.

Gotta keep trucking.

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