

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 lamaazavtuni - 27 Jan 2025 04:01

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R Mendel your post s are moiridik very inspiring considering were your coming from. I draw a lot of chizuk from your posts I hope I don't ever catch up to you.. cause your 1 day ahead of me

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Re: I'm gonna do it this time

Posted by cleanmendy - 27 Jan 2025 14:30

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[Hashem Help Me wrote on 27 Jan 2025 01:22:](#)

So when Moshiach comes b'eZRas Hashem, where will they plaster all of these emotional forum posts full of tza'ar, gevurah, deep emotional pain, courage, a potpourri of severely conflicting emotions? I assume others join me in being shaken to the core, reading and witnessing such incredible levels of turmoil and torment that tei're yidden are experiencing.

Reb HHM, I'm shaken to the core myself. I don't know what's happening to me. On the one hand I've changed like crazy in the past few weeks, on the other hand its so so hard to live every day with all the baggage I have. There's not a day that goes by that I don't cry about my life. I know that ill beat it bezh.

But why did I have to suffer for so long?? I'm not asking you, I'm asking myself. The pain is too immense.

The only thing that has helped to dull it so far is to talk it out with friends, But I have a long way to go to get past all of this.

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Re: I'm gonna do it this time  
Posted by cleanmendy - 27 Jan 2025 14:32

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R Mendel your post s are moiridik very inspiring considering were your coming from. I draw a lot of chizuk from your posts I hope I don't ever catch up to you.. cause your 1 day aheadYou already did catch up! As long as your here, were in the same boat!

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Re: I'm gonna do it this time  
Posted by cleanmendy - 27 Jan 2025 14:43

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[lamaazavtuni wrote on 27 Jan 2025 04:01:](#)

R Mendel your post s are moiridik very inspiring considering were your coming from. I draw a lot of chizuk from your posts I hope I don't ever catch up to you.. cause your 1 day ahead of me

As long as you are here, than your all caught up to me.

#ODAAT

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Re: I'm gonna do it this time

Posted by lamaazavtuni - 27 Jan 2025 18:56

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R Mendy !! just to quote a friend of mine that had a really hard life si spiritually si emotionally "theres no way this generation is going to hell". The reason it bothers us so much what we did is BECAUSE we're such kedoshim and our neshamos get so faekeled from this shmuts. I promise Everytime you did something wrong whatever it was .... You felt a pang in your heart and if you didn't it's just that there so much pain there that it just got added to the pile of pain but it was there. You felt bad guilty shamed. THERES NO WAY YOUR GOING TO HELL. Chazak vemats don't let yourself get depressed now just gonna make it harder for you and there's nothing to be. depressed about in shamayim we'll know y we were tested as we sit with Yosef hatsadik to drink a LCHAIM . for now just hold on strong. Beahava your fellow struggling brother.

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Re: I'm gonna do it this time

Posted by eerie - 27 Jan 2025 19:17

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Ay, Reb Clean Mendy, your pain hurts my heart

Dear friend, perhaps it's possible to divide the pain from the past into two.

1-The guilt. Knowing that we have made mistakes in the past. We have made poor choices. And they don't make us proud

2-the pain. Looking back at years of trying to change without having known how to do that. And failing. And that hurts

My dear friend, I believe you mean the second point. And I have no idea why you had to suffer. I will say one thing. My friend, all of that is right now included in your test. Will you let the guilt and the pain pull you down, or will you reach out, learn more, stand strong, and be filled with happiness at the new life you are creating for yourself.

And you are doing a wonderful job at it. An unbelievable job! You have put the past where it belongs, in the past. And you have taken the initiative to change! Don't think about the past at all!

And perhaps, after some time has elapsed, and you are secure in your new way of life, take one day to sit down and think. To cry, to cry tears mixed with laughter, tears of pain mixed with tears of freedom and relief.

My friend, hold strong! You are a true inspiration to me!

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Re: I'm gonna do it this time

Posted by Hashem Help Me - 30 Jan 2025 04:57

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Cleanmendy, please come for a validating massive bear hug!

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Re: I'm gonna do it this time

Posted by cleanmendy - 02 Feb 2025 14:40

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Hi everyone I have Bh for good reasons been really busy the past week, Didn't have time to check in.

I'm 30 days clean, and boy did I celebrate!!

The last time I checked in I was so torn emotionally, confused, and in pain. Bh I had some time to decompress and those thoughts are out of my head, for now.

Thank you for all your support and posts they really mean a lot.

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Re: I'm gonna do it this time

Posted by lamaazavtuni - 02 Feb 2025 18:40

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Was getting nervous about you. .. happy your back and still involved!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 02 Feb 2025 21:28

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Since I had thoughts of acting out today, only briefly. Im gonna Chazer the basics

1. Relax, its a normal thought.
2. Its possible to pass the test.
3. Talk to a friend.
- 3b. Practice what you preach;)
4. You will feel terrible and depressed after.
5. If you pass it you'll feel free and happy.
6. There's people that love you, and want you to beat the beast.
7. You'll become closer to Hashem.
8. You could add a day to your streak
9. Hopefully the urges will diminish if you pass this.

Feel free to add your own.

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Re: I'm gonna do it this time

Posted by cleanmendy - 03 Feb 2025 21:27

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So the past day or two thoughts of acting out have been creeping into my heilige kup.

The issue is for the first few weeks of my new journey here on gye, I was all in, fully focused. Recently especially since a lot has been going on in my life, I became a little complacent.

Guys dont let that happen to me I spoke to one friend today and iyh ill speak to another.

Im not gonna get complacent!!!

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Re: I'm gonna do it this time

Posted by lamaazavtuni - 04 Feb 2025 00:28

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R Mendel I'm davening for you.... Don't get down gotta keep our streak going it's so much harder if u break it look at all the guys here that complain that they lost their streak and it's just so hard for them to get up. Mendy Mendy. Chazak

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Re: I'm gonna do it this time

Posted by yosefms - 04 Feb 2025 21:08

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Mendy

I've been following and getting inspiration from you.

Hopefully this will help.

My understanding is when we start the process of change our brains release tons of adrenaline and we feel top of the world its known as "uninformed optimism" its awesome but.... it wears off. We then reach what is known as the "valley of despair" we feel on our own and the adrenaline that was fueling us feels like its gone. This is where you are now, however there is great news ahead. If you pull through you will reach the other side of the cycle known as

"informed optimism" this stage is where you realise the truth which is, it takes work to change yourself but pull through and you will see that you are able to do it and you will have the winning formula to fix/alter/improve every part of your life. You will feel closer to Hashem, you relationships with others will improve and you will finally understand yourself.!!

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Re: I'm gonna do it this time  
Posted by yosefms - 04 Feb 2025 21:13

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True but OUCH!

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