

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 - 16 Mar 2025 14:14

Day 75

As someone that has struggled for so long. I've felt many times an aversion to Yiddishkeit, Had plans of dropping it all.

But then there's those moments that are , Wow! I'm proud to be a Yid.

This Purim was one of those moments.

The streets were filled with Bachurim dancing, singing, drinking. Traffic galore, Fireworks, cigarettes.

Then came Shabbos Kodesh.

Peace. Quiet.

The turnover was truly amazing, an entire city of shikurim, but Shabbos came and the streets were empty and the shuls were full. I'm proud to be part of this holy Am!!

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Re: I'm gonna do it this time
Posted by cleanmendy - 18 Mar 2025 01:12

Day 77

First of all whoever didn't read TBOTG, its a must.

I'm towards the end, and one idea has recently changed my way of thinking.

Cleanmendy doesn't do that.

Whether its staring at someone, fantasizing, or skipping a minyan or two or three. When its a

whole sugya in your head, then theres room for discussion, maybe yes or maybe no.

The real truth is its not a discussion. There's someone I knew by the name of Mendy who used to do that, but Cleanmendy?

No, No, No, He don't do that stuff.

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Re: I'm gonna do it this time
Posted by vehkam - 18 Mar 2025 02:17

I hope you will start again when you reach the end of the book. Maintaining that Seder keeps building your resistance.

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Re: I'm gonna do it this time
Posted by mickey30 - 18 Mar 2025 02:31

well said!

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Re: I'm gonna do it this time
Posted by iwannalivereal - 18 Mar 2025 19:42

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Re: I'm gonna do it this time
Posted by cleanmendy - 19 Mar 2025 14:15

Day 78

I had an amazing experience last night.

First of all I made a Siyum on TBOTG, its a must. It changed my whole way of thinking.

One idea in the book I had a hard time with. Right in the beginning he discusses how our challenges are a gift from Hashem to bring us to greatness, fulfillment and success. It was very hard for me to internalize this concept, because for my whole life I looked at my nisyonos as something terrible and not manageable.

Well last night, I realized the truth. A while back I had a very strong Tayvah for a certain woman I had to deal with. I fantasized about her very intensely, trying to chase her down (as if then I would be really happy).

That ended and I haven't had to deal with her for about a year so it wasn't on my mind. Last night through a bunch of crazy circumstances, literally one in a million chances this same woman was supposed to come to my house. That beast the YH, started telling me this is your chance! Look at how that worked out for you!! The chances of this happening were none to nil!

First thing I did was text my dear dear friend for accountability just letting him know that this situation came up. Right away it calmed down. Then my whole mindset changed.

Its true that this is a one a million chance, that this would happen. **So obviously Hashem was giving me a very special oppurtunity. ????? ?????? ?????? ?????.**

Yes this was a chance for me to beat it.

Bh I did.

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Re: I'm gonna do it this time
Posted by amevakesh - 19 Mar 2025 14:38

Finish the quote "??? ?? ??? ?????? ??????". Stuff of legends!!!

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Re: I'm gonna do it this time
Posted by cleanmendy - 19 Mar 2025 14:39

[amevakesh wrote on 19 Mar 2025 14:38:](#)

Finish the quote "??? ?? ??? ?????? ??????". Stuff of legends!!!

Your right thats the main point!!!

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Re: I'm gonna do it this time
Posted by eerie - 19 Mar 2025 17:23

CleanMendy, you mamash made me cry! You are amazing beyond! You are changing your inner world, and along with it so many other worlds! You are unreal! Keep up the amazing work, and keep sharing it all with us!

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Re: I'm gonna do it this time
Posted by cleanmendy - 20 Mar 2025 14:35

Day 79

I had an extremely emotional day yesterday, finding out one of the mentors is someone I know well!

Got me thinking what happened to me?? What change and clicked in me that I'm clean for so long?

From before Bar mitzvah till almost 27 years old, married with 3 children K'ah. I struggled with the worst of the worst, masturbating and porn were just a part and parcel of my everyday life. Hours upon hours on social media, thousands of dollars in meeting people, getting to know them pretty well:(

Suicidal thoughts, zero shmiras aynayim... I could go on for a while...

But then my life changed!

I'll try to put into words what I think were the main reasons for my unbelievable change.

1. The first problem was, **my emotions and feelings were locked and buried deep in my heart**. No one, not even me could access them. By opening up to a Eerie, who then connected me with my dear friend. My years of deep pain, trauma and disconnect with myself, my friends, and Hashem came to the forefront. **By talking about what I've been through with people that didn't see me as a messed up 'case', I was able to actually focus on how to better myself**. It wasn't pretty, opening up those wounds, I had many sleepless nights over where I was holding, and what I've done. I cried and cried...

2. What made it impossible to break free, was that **I was trying on my own**. Me myself and I, the issue was that me myself and I, had the wrong outlook on my battles, guilt, shame, and what Hashem thinks of me etc. By understanding through the mentors and of course TBOTG, brought me to understand what is wanted from me in this world. **Not perfection, but one success at a time**. Not shame and guilt on my past, but planning ahead for the future. Understanding my triggers. **Not panicking when a situation arises**. Finding other outlets to find enjoyment in my life.

3. Posting regularly on GYE, and reading other peoples posts, gaining Chizuk, **friendship** and practical ideas.

4. The pleasure of my taayva, makes me fell terrible after. Low and lonely. **Unlike the pleasure of winning a battle.**

5. Not grouping all my issues in one box. It used to be anything I didn't do right was because I was bad and evil. Now I take each issue that I grapple with (and there's many) and try to speak it out and understand it, and better the situation. One day ill get to all of them, even you in the back:)

6. **Celebrating the smallest success**, understanding how far I've come, even if I still mess up.

7. Whats real intimacy? **Connecting and appreciating the most loved person in my life**, bringing out those feelings in the bedroom. But with a primary focus on her not her body.

8. **Klal Yisroel is a great nation, and I'm proud to be part of it.**

9. This one sounds cheesy but its true. **Hashem loves me.**

I think I got most of it, I hope this can help you guys. It definitely helped me to write it out.

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Re: I'm gonna do it this time
Posted by altehmirrerr - 20 Mar 2025 15:42

Amazing!!! i'm gonna take a picture of this post to keep with at all times!!! your mamish gevaldig!

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Re: I'm gonna do it this time

Posted by Muttel - 20 Mar 2025 18:35

Wow!!!!!!

I finally had a chance to speak to you and hope to get to know you well, youre an inspiration!!!

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Re: I'm gonna do it this time
Posted by cleanmendy - 23 Mar 2025 13:46

Day 82

Its a little comical how the YH gets us. I was walking on Shabbos and before I even saw, I realized that one of Hashems beautiful creations was standing there. I've ogled her in the past. I tried holding back, but the YH started telling me that ill never get this again. Well, that was his stupid mistake, it was a ridiculous tayna, I see her all the time. I always have a chance. BH I caught onto his game and came out unscathed.

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Re: I'm gonna do it this time
Posted by cleanmendy - 23 Mar 2025 20:18

I saw in the book of R Shloime Hoffman, a Moshol for what is real Teshuva.

If a person is in Monsey and wants to travel to Lakewood. He asks his friend how far is the trip? His friend replies an hour and a half.

He gets on the way, after 2 hours he stops the car and asks someone if he's almost by Lakewood.

Lakewood?? Your three and half hours away, your almost by Albany. The man is shocked, my friend said its only an hour and a half and I traveled already 2 hours

The man tells him don't you see you made a wrong turn. Go back the other way and you'll be there in no time.

Well at what point is he closer to his destination? Obviously now even though he's a further drive but at least he's heading in the right direction.

This is how we do Teshuva, as long as were heading in the right direction, although it may be a very far drive away.

Now you may think this is some feel good Vort #weloveeveryid movement.

But actually this was said over by R Yisroel Salanter himself.

Anyone on GYE trying to become better Yidden is on the path of Teshuva, even though its still a far drive.

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