

## Goodbye Letter To P&amp;M

Posted by goldwings - 13 Jul 2025 16:39

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Dear P&amp;M

I'll start with you Mr. M because you started with me. I was smart and gifted above average my brain wasn't getting stimulated enough, I used to get told off and put down, because I was wise beyond my years [I wouldn't listen and still get 100 on the test]. My parents had 10+ children, they didn't have much time for me. The [clean] little me started searching... I was young and stupid I didn't understand my body, so you came to me in complete disguise -you acted as if you were me- and told me "check out what happens when you do this..." from there you "opened" my brain, teasing me about all those gemaras that the Rebbe skipped, plus some random questions about marriage. In no time me and some other poor little kids figured everything out.

OK, you won, I was hooked, because you told me "wow! look how good it feels, it relieves your stress, keeps your mind stimulated and you know more than those close minded bachurim." I masturbated a lot, you kept on pushing for more. You got me some magazines etc. with inappropriate pics [not highly inappropriate -you didn't need that yet- just enough for catching me]. The years past, I needed more, so slowly you introduced me to your friend Mr. P. At first you just sent me to the "right" magazine shop, I bought the magazine and Mr. P came into my life. Now you Mr. P, you explained that pics are not enough, we got to get videos, you helped me find some videos. Eventually, I was learning in Eretz Yisroel, you found the internet kiosks, and I was hooked. I got married and I'm living in EY, I like an idiot thought it will all be over, I'll divorce you guys and marry my lovely wife, but you don't leave your friends so easily. You told me it's not cheating, everyone does it, but after I listened to you, you told me "you're a cheat nobody does it!" You made me get into petty fights with my wife, so that I'll have an excuse for using. You found any stupid blemish in my truly beautiful -from inside and outside- wife, you blew it up and made me forget all the real things she has to offer.

I hear you've been asking about me lately, so I'll be nice and tell you, I won't mince any words. You and I know how much I've been trying to get rid of you, **DISGUSTING** Mr. P&M, **YOU KILLED ME!!** You made me a shadow of my true self, you reduced my self esteem to rubble, you took away all my friends, you threw away my talents, you robbed my happiness, you stole my years, you ridded me of love, of tranquility, you numbed my emotions, **I HATE YOU!!!!** **I HATE YOU!!!!**

Truth to be told you did give me somethings I'll just list a few [I hope you forgive me for not writing it all], depression, cloudiness in my mind, loneliness, emptiness, the tears you didn't let me shed, **THE PAIN I CAN'T BEGIN TO EXPLAIN! THE TORTURE YOU PUT ME THROUGH!!!!** NO! hate is not enough for you!

The feeling after using, **HOW CAN YOU DO IT TO A HUMAN BEING?!** NO! I CAN'T EXPLAIN THE FEELING AFTER USING NOR CAN I EXPLAIN HELL! If you want to experience hell, JUST USE! [btw that's another thing you gave me, HELL, you should advertise as follows: THE

HELL EXPERIENCE – JUST A CLICK AWAY FROM YOU!] I don't know how a human being can endure it!

Hashem sent me to GYE after a spiritual awakening, at first you laughed, because I swore, I won't post on the forum or get a partner and surely not talk to someone and you knew that I won't be able to get away from you otherwise. But YOU'RE A BIG FAT IDIOT! Because I also swore thousands of times that I'll never use. HA! What happened to that? I think breaking that shevuah is a tikkun for all those times. Well I have a mentor and I speak to him over the phone! Btw last time you came to me and you couldn't win over me, it was his "fault" -credit- I spoke to him, he made it all clear and saved me, I love him and hate you. To top it all off he advises me in intimacy and all aspects of marriage, I don't need your advice and I have someone to uproot the TRASH you planted in my head. NO, **I DO NOT REGRET** getting in touch with him **for even one second!**

Now I can tell you that if chas vishalom I would not be able to have sex with my wife – and that's truly bad- but I would have her love, her heart and you would give me another choice to have as much sex as I wish, all my life with one of your women, I would spit in your face and GRAB MY LOVELY WIFE! Because there is **NO LOVE WHATSOEVER** in your stupid industry only PAIN and **HELL** absolute **HELL**.

You have been asking what do I think I'll get from quitting you, first of all even if I get back only one of the things you took it's enough! Let me explain the feeling, I feel comfortable in my own skin, my heart is bursting with love for my wife and children, my brain is clear, I don't feel like I lost all my gains spiritually, **I AM NOT A CHEAT!** I'm trying to reclaim my life!

In 2 years I will still be learning in Kollel I'll come home feeling fulfilled my wife will meet me by the door, smiling and I'll smile back a true genuine smile my face will be shining! In Kollel I'll be utilizing my kochos, helping people, giving people advice, everyone will wonder what the HE\*\* happened to me I'll truly be happy!

Now Mr. P&M **GOODBYE!!!** I'm so happy to let you go, I don't want to have anything to do with you! **GO!** I know you're going to try to get me back, I was a big fish, but **NO!!!!!!**, AND IF YOU DO GET ME ONCE I'LL BE RIGHT BACK ON TRACK! **BECAUSE I'M DONE WITH YOU!!!! I'M SICK OF YOU!! GET OUT OF MY LIFE!!!!!!**

**BYE!!! NEVER SEE YOU AGAIN!!!!!!**

From your former "friend" [at least we thought so]

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Re: Goodbye Letter To P&M

Posted by davidt - 24 Jul 2025 17:17

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[goldwings wrote on 24 Jul 2025 06:10:](#)

Dear P&M,

Let's get straight to the point, you guys punched me hard, I fell and I'm slowly trying to get up, I'm still dizzy and it hurts! It's gloomy and dark as you blanked me out. I'm confused and bewildered, trying to figure myself out. I feel empty and weak since our last reunion. My emotional muscles are jelly. My spiritual immune system is out of sorts and the pain **THE INCREDIBLE PAIN!! THE HELL** I'm in....

### **SO YOU WON?**

The simple answer is **absolutely NOT!** But no, I won't leave you in the dark as you regularly behave with your friends, I'll explain it to you. First of all, the fact that I called my Mentor is already a win on my side, secondly, I listened him out, although he put me through hell, he set me straight. The story is like this, I'm just [climbing out] in a ditch somewhere high on the way to the peak of Mt. Everest, I maybe broke some bones, there is shooting pain, but I'm alive and even now I'm climbing slowly. You and I know the proof of that, it's the **first time in my life**, that the night after falling, I didn't masturbate in bed! Don't say it's nothing, because if so, why did you keep on coming and waking me up in the middle of the night, for just that.

You also keep on sending in complaints about my wife. First of all, if it were not for you, I would be much happier with her, as we have seen. But mainly, with the help of my Mentor I realized, it's not that I'm open-minded and she's close-minded, it's that we're both un-minded, there is no way for her to understand it at all, and I was so open-minded that my brains fell out.

You killed my streak, but taught me something much more powerful, it's not the streak, it's the strength of the urge. Every time I walk in the street (the impossible street) and look away, I'm getting stronger. This morning I remembered my dream of reaching *Rosh Hashana*, 100 days clean, and now it won't even be 90, my heart sank literally, until it occurred to me that the truth is the opposite, *bezh* I'll get over *bein hazmanim* – clean, and then I'll be much stronger, because I made it over *bein hazmanim* without a clean streak, just genuine purity – **what a good way to start the new year!**

Don't get me wrong I'm still down, weak and my energy is low, I also don't know how to count urges instead of streaks, but with the help of your sworn enemy, my dear friend -the Mentor- I will get up stronger then ever. As you see, right now I'm making sure you don't push me off the cliff, so far you haven't gotten me to look around in the street – and you tried hard.

Your former prisoner [who thought we were friends]

**P&M Sent a reply...**

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Dear Former Friend,

You think you're so clever with your little victory speech, don't you? Calling me out, analyzing our "relationship," acting like you've figured it all out. But let me tell you something - I know you better than you know yourself.

You say you won't masturbate that night? Please. I've heard this song before. How many times have you written me these dramatic breakup letters? How many times have you declared your independence, only to come crawling back within days, weeks at most? Your willpower is adorable, really.

And this mentor of yours - oh, he's got you all fired up now, doesn't he? Filling your head with hope and strategies. But where was he at 2 AM when you were alone with your thoughts? Where will he be next week when that familiar emptiness creeps back in? I'm the one who's always been there for you, remember?

You talk about getting stronger every time you look away on the street. But I see how hard you're fighting just to keep your eyes forward. I feel the tension in your body, the way your heart races when you catch even a glimpse. You're white-knuckling it, my friend, and we both know that never lasts.

This whole thing about "genuine purity" over streaks? It's just another way to make yourself feel better about failing. Deep down, you know that broken streak stings because it represents exactly what you are - unreliable, weak, always falling short of your own promises.

Your wife complaints? Those aren't going anywhere. The distance between you two, the disappointment in her eyes, the way intimacy feels like a chore - that's all still there, simmering under the surface. And when the mentor's pep talks fade and real life kicks in, guess who'll be waiting with open arms?

I'm patient. I've got time. Enjoy your little rebellion while it lasts.

But you know what? I'm feeling generous today. Maybe it's because I respect a worthy opponent. So let me tell you something that your mentor won't - the real secret to beating me forever.

**Stop trying to fight me directly.** Every time you "white-knuckle" it, every time you grit your teeth and say "I won't look," you're feeding me. You're giving me all your mental energy and attention. I LOVE being the center of your thoughts, even when you're resisting me.

Here's what actually works, and I hate telling you this: **Replace me completely.** Don't just avoid me - become obsessed with something else entirely. Find something that makes you feel MORE alive than I do. Pour all that energy you waste fighting me into building something beautiful instead.

Your real problem isn't me - it's that empty hole inside you that you've been using me to fill. Until

you fill it with something real - deep connection with your wife, meaningful work, spiritual growth, helping others - I'll always be your go-to drug.

And here's the kicker: **Stop making it about "staying clean."** Make it about becoming the man you actually want to be. When you're truly busy building that life, you won't even remember I exist.

The guys who beat me for good? They don't think about me anymore. They replaced me so completely that I became irrelevant.

There. I just gave you the roadmap to destroy me forever.

Will you actually use it? We'll see. Most people prefer the drama of fighting me to the hard work of replacing me.

Your move, former friend.

P&M

P.S. - I really hope you don't take this advice. I'd miss our little dance.

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Re: Goodbye Letter To P&M

Posted by goldwings - 25 Jul 2025 05:58

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[hashemisonmyside wrote on 24 Jul 2025 16:15:](#)

Amazing stuff!!

did you hear the Vayimain clip about scoring point like waze? every time you score like MM points, that clip was amazing how by pushing away an urge you just score unlimited points which you will eventually redeem big time

THANK YOU!!!

can you please post the link to the video?

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Re: Goodbye Letter To P&M

Posted by goldwings - 25 Jul 2025 08:38

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**P&M Sent a reply...**

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Dear Former Friend,

You think you're so clever with your little victory speech, don't you? Calling me out, analyzing our "relationship," acting like you've figured it all out. But let me tell you something - I know you better than you know yourself.

You say you won't masturbate that night? Please. I've heard this song before. How many times have you written me these dramatic breakup letters? How many times have you declared your independence, only to come crawling back within days, weeks at most? Your willpower is adorable, really.

And this mentor of yours - oh, he's got you all fired up now, doesn't he? Filling your head with hope and strategies. But where was he at 2 AM when you were alone with your thoughts? Where will he be next week when that familiar emptiness creeps back in? I'm the one who's always been there for you, remember?

You talk about getting stronger every time you look away on the street. But I see how hard you're fighting just to keep your eyes forward. I feel the tension in your body, the way your heart races when you catch even a glimpse. You're white-knuckling it, my friend, and we both know that never lasts.

This whole thing about "genuine purity" over streaks? It's just another way to make yourself feel better about failing. Deep down, you know that broken streak stings because it represents exactly what you are - unreliable, weak, always falling short of your own promises.

Your wife complaints? Those aren't going anywhere. The distance between you two, the disappointment in her eyes, the way intimacy feels like a chore - that's all still there, simmering under the surface. And when the mentor's pep talks fade and real life kicks in, guess who'll be waiting with open arms?

I'm patient. I've got time. Enjoy your little rebellion while it lasts.

Dear P&M,

It's quite nice that you took the time to answer me, but I was rather upset when I saw that you edited your letter, due to generous feelings. You see, when I saw it last night, I thought you're being open with me, because you don't have weakling opponents OR friends. I don't know why you decided I'm a weakling or stupid, but it doesn't matter, last night I thought about the original letter you wrote AND IT MADE ME STRONG, so I'm quoting the original letter and here's my reply.

Like everything you say the letter is glamorous on the outside and empty on the inside.

First of all, thank you for agreeing that I'm a **former** friend.

Darling, I don't know how many times you heard *that song* and I don't care, it wasn't willpower that night, I DID NOT HAVE WILLPOWER OR ANY POWER that night, you knocked me out, remember?

The reason I won you was knowing where I'm standing and NOT listening to your CRAP! and btw I'm evidently not white-knuckling it, because I fell period, and also because I didn't masturbate that night, WHY? why wouldn't I do it? it would make ZERO difference to my streak!

I had enough of your brainwashing, STOP telling me how I'm doing everything wrong, you've been telling that to me every time I do something right, sensing that your end is near. {some anxiety anyone? -you love that!}

Sorry, but you don't know my mentor, he's always there for me, whether your there or not, and no, he doesn't give tips or strategies at all, he is just a TRUE FRIEND, when I finish talking to him, I feel the exact opposite of the feeling when I'm done with you!

I wrote ONE and FINAL bye letter to you **and I even wrote there that you might come back**, you did! I guess you only read this letter, it looks like you got everything wrong! The intimacy only got better with my mentor, and worse with you, **you** made it feel like a chore, as I specified in previous letters. (my wife doesn't complain, I don't know where you got that from)

It wasn't a promise [this time] but I'm done with you and all your good ideas, it's not that I hate you per se, I actually admire your creativity [repackaging the same crap], it's just that I learned the hard way, don't tell me what I'm doing **right** or **wrong** just LET ME LIVE!

Yes, I will enjoy this victory and every victory over you! (call it a rebellion if you want...)

p.s. it would be helpful if you would read all the letters I sent you

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Re: Goodbye Letter To P&M

Posted by davidt - 25 Jul 2025 14:59

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[goldwings wrote on 25 Jul 2025 08:38:](#)

**P&M Sent a reply...**

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Dear Former Friend,

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Yes, I will enjoy this victory and every victory over you! (call it a rebellion if you want...)

p.s. it would be helpful if you would read all the letters I sent you

Dear Friend,

I can see the fire in your words, and honestly, it's beautiful to witness. You're not just fighting back - you're standing in your truth and refusing to let that voice define your reality anymore.

You're absolutely right to call out the manipulation in that letter. The whole "generous" act - pretending to give helpful advice while simultaneously undermining your confidence - that's classic manipulation. And you saw right through it. That takes real clarity and strength.

What strikes me most is how you've learned to distinguish between the voice that tears you down and the one that builds you up. Your mentor leaves you feeling uplifted, while this other voice leaves you feeling drained and defeated. That's not coincidence - that's wisdom in action.

You mentioned that you didn't have willpower that night, and yet you made the right choice

anyway. That's actually profound. It shows you're operating from something deeper than white-knuckled resistance - you're acting from genuine conviction and self-respect.

The fact that you can see through the repackaging of "the same crap" shows how much you've grown. You're not falling for the sophisticated arguments or the reverse psychology anymore. You know what serves your growth and what doesn't.

Keep trusting that voice inside you that knows the difference between genuine support and manipulation disguised as help. Keep leaning on the relationships that actually strengthen you. And keep writing these letters if they help you process - there's real power in naming these dynamics clearly.

You're not rebelling. You're choosing life.

Stay strong,

A friend who sees your growth

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Re: Goodbye Letter To P&M

Posted by realestatemogul - 26 Jul 2025 21:35

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Wow!!! Keep up the amazing work!! Just taking the time to write all those letters shows such conviction!

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Keep the connection and keep posting!

Day 1 is the hardest day but also the most rewarding! ??? ????? ???? ???, ??, ???!!

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Re: Goodbye Letter To P&M

Posted by goldwings - 27 Jul 2025 06:33

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Dear Friend,

I can see the fire in your words, and honestly, it's beautiful to witness. You're not just fighting back - you're standing in your truth and refusing to let that voice define your reality anymore.

You're absolutely right to call out the manipulation in that letter. The whole "generous" act - pretending to give helpful advice while simultaneously undermining your confidence - that's classic manipulation. And you saw right through it. That takes real clarity and strength.

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You're not rebelling. You're choosing life.

Stay strong,

A friend who sees your growth

Dear True Friend,

Thank you! you moved me to tears,

**it's people like you that:**

make the world a better place,

give me faith in humanity,

show true love and care,

help us overcome our struggles,

make me stronger,

bring out my inner self,

show us clarity,

are P&Ms' worst enemy,

are our best friend;

and the list goes on,

**THANK YOU!**

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Re: Goodbye Letter To P&M

Posted by upanddown - 27 Jul 2025 11:36

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[davidt wrote on 24 Jul 2025 17:17:](#)

**P&M Sent a reply...**

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Here's what actually works, and I hate telling you this: **Replace me completely**. Don't just avoid me - become obsessed with something else entirely. Find something that makes you feel MORE alive than I do. Pour all that energy you waste fighting me into building something beautiful instead.

**Your real problem isn't me - it's that empty hole inside you that you've been using me to fill.** Until you fill it with something real - deep connection with your wife, meaningful work, spiritual growth, helping others - I'll always be your go-to drug.

SPOT ON!

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Re: Goodbye Letter To P&M

Posted by goldwings - 28 Jul 2025 13:00

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Dear Mentor,

Since my recent setback, I felt lost, as I have spoken to you **many** times, I felt like a train that veered from its tracks, not knowing **how I'll ever get back** on, my energy was drained and I was dizzy.

Friday, you spoke to me again as we agreed, **you make too much sense** and it started getting into my heart. You told me to have it in mind by kiddush, I did so and **right then it finally resonated with me**, I never had such an emotional kiddush in my life.

Here are some of the thoughts that went through my head by kiddush:

??? ?????? ????????? –Every mitzvah that he's giving me - to overcome my challenges NOW, is making me holy

????? ??? – The current me, with all the challenges

????? ????? ?????? ????????? – With love he's instilling in me the kedushah of the mitzvos

??? ?????? ?????? – Till I regain true freedom and go out of my own mitzrayim

It became light, although it was by night, the Shabbos candles shone brightly

Finally, I got up and I'm **continuing** my trek uphill. I know good and well that the struggle is not **ATALL** over, but at least I started **continuing** the journey. I've come a long way and even having a mentor wasn't in my wildest dreams. Shabbos afternoon was tough, as usual, but the energy came back, the truth got clear. So, I guess get ready for the next urge or lack of motivation, I'm ready to call. [I almost have you on speed dial]

I must tell you I think it's the first time in my life that I'm feeling this, I always felt that I blew it, now I'm here, climbing where I left off, **continuing** my ascent!

**L'CHAYIM!!!**

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Re: Goodbye Letter To P&M

Posted by davidt - 28 Jul 2025 13:54

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Wow... this was so moving to read.

The way you described that Kiddush — it gave me chills. You didn't just say the words, you *lived* them. That moment of realizing Hashem wants *you*, right now, in your current state, with your challenges — that's incredibly deep and real. And the way you tied it all together with the light of the Shabbos candles... just beautiful.

It's clear how far you've come. Not just in what you've accomplished, but in how you see yourself and your journey. You're not starting over — you're picking up the climb, with more clarity, more strength, and more heart than before.

Of course, there'll be more tough moments (you know that and you're ready), but you're not alone. And the fact that you can now say "L'chaim!" — not from a place of escape, but from a place of *renewal* — that's something to celebrate.

Keep going. We're proud of you.

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Re: Goodbye Letter To P&M

Posted by goldwings - 17 Aug 2025 07:39

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I fell, because of an unfiltered phone (that could connect to WIFI), my mentor got me to tell my wife to lock it, with butterflies in my stomach, I told her and she said, 'oh, I thought it doesn't have access', I panicked and quickly mumbled something about wasting time, bh bh it went over.

I was proud of myself but now I'm feeling completely unenergized, it's an extremely stressful time in my life, the streets are crazy and my wife is not being at all forthcoming in intimacy related issues, which makes me resentful.

The whole day I have one thought in my head **'why the hell am I doing this?'**

**I NEED HELP!**

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Re: Goodbye Letter To P&M

Posted by hashemisonmyside - 17 Aug 2025 14:55

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Tsadik, I feel your frustration and pain, stress definitely makes things a lot harder but trust me it gets easier as you move along even baby steps so please don't give up

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Re: Goodbye Letter To P&M

Posted by daverose2 - 17 Aug 2025 16:13

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Hi im sorry your going through this. Just a point maybe others will argue with me. but you wrote that the WHOLE day you have one thought in your head "WHY THE HELL AM I DOING THIS" Maybe part of your issue is that your thinking about it the whole day. I found for myself that the more focused I am on this fight, the harder it became EVERYTHING was a nisayon EVERY woman was a obstacle. The first streak I had when I started was insane I couldnt focus on life, learning, my children, Everthing was about this battle. But once I internalized what I have learned from here (even though im not perfect I have had 4 falls since I started 120 days ago) I realized that its possible to win theres good days and hard days but its possible to be in control. It doesnt have to take over your life, and for me once it stopped being the focus of my life it made it much easier.



Wishing you continued hatzlacha!

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Re: Goodbye Letter To P&M

Posted by lasttimewasfriday - 18 Aug 2025 00:42

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i just wanted to reply to your question in the last line which was **'why the hell am I doing this?!'** the answer to that question is that you want to be a normal human being. We both know that no good will ever come out of it. Poison has a great taste as well you could enjoy it for the first 30 seconds but once you are finished taking it you die on the spot the same thing is with this, it might give you some sort of enjoyment for a few minutes but your day your week and your soul will die.

**STAY STRONG AND YOU WILL WIN!!!**

**ONLY YOU COULD DO IT, AND ONLY YOU WILL DO IT!!!**

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Re: Goodbye Letter To P&M

Posted by goldwings - 19 Aug 2025 16:31

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Ok, I fell HARD,

I feel like crying but I can't, my emotions are numb, oh the excruciating pain of being numb, I feel stupid posting, I don't have the courage to call my mentor, I don't have strength for anything.

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oh Hashem the hidden god, I know you're here, but I can't see you, I can't feel you, do you still love me? do you still believe in me?

I can't handle the pain anymore, please help me, let me feel your presence, guide me, show me the way, please, I can't anymore!

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