

What will be with me

Posted by Leovdacha - 28 Feb 2024 22:33

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Hi guys!

I'm a regular guy, married, kids....

I've been struggling with p&m since I can remember, I've been trying to be good my whole life but it just doesn't work, no matter how many filters I have on my devices there's always a way to get to some sort of material or i just masterbate, I just keep on going in circles, some longer streaks some shorter, but I just can't snap out of it, I came to the conclusion I'm doomed for life, I can't run away from my temptations I'm a male, this is how hashem created us, we have to fight, but there will always be some good and some bad days.

is it really possible to be 100% clean?

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Re: What will be with me

Posted by Vehkam - 28 Feb 2024 22:42

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[Leovdacha wrote on 28 Feb 2024 22:33:](#)

Hi guys!

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is it really possible to be 100% clean?

It's possible. Don't ever give up.

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Re: What will be with me

Posted by foolie - 28 Feb 2024 22:48

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Would you like the long answer or the short answer:

Tell you what since I'm such a nice guy I'll give you two for the price of one

the short answer is: **Yes**

the long answer is: **Yes, yes it is**

That said as the welcoming committee would like me to say look around, read some threads tell us more about yourself keep on posting, learn the ropes and be'h you'll figure it out like so many others have done

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Re: What will be with me

Posted by Hashem Help Me - 29 Feb 2024 00:24

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BH it is possible. Get to know the oilam here and hook up with a mentor or two.

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Re: What will be with me

Posted by ainshumyeiush - 29 Feb 2024 00:35

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"i came to the conclusion that im doomed for life"

so... Why are you here? Probably because you still believe in yourself, only that spark is buried under the frustration of past attempts to stop.

i assume that you concluded your conclusion much like many of us did before coming here, but once you learn how to fight, how to run away and how to gain from being part of this amazing community, you will be amazed by what you can accomplish.

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Re: What will be with me

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Posted by Heeling - 29 Feb 2024 00:38

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[Leovdacha wrote on 28 Feb 2024 22:33:](#)

Hi guys!

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I've been struggling with p&m since I can remember, I've been trying to be good my whole life but it just doesn't work, no matter how many filters I have on my devices there's always a way to get to some sort of material or i just masterbate, I just keep on going in circles, some longer streaks some shorter, but I just can't snap out of it, I came to the conclusion I'm doomed for life, I can't run away from my temptations I'm a male, this is how hashem created us, we have to fight, but there will always be some good and some bad days.

is it really possible to be 100% clean?

Welcome!

it is possible but its up to you.

You see I had 340 clean days until 4 days ago when I messed up. Now I am BH up to 3 clean days. While I'm far from 100% clean, I don't give up and just keep plowing.

Dear friend, please join me. its life changing and empowering - How do i know? because I was BH clean for 340 days. Am I doomed because I messed up? NO!

Keep Fighting,

Focus on the good,

Wishing you much Hatzlacha,

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Re: What will be with me

Posted by cande - 29 Feb 2024 00:52

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[Heeling wrote on 29 Feb 2024 00:38:](#)

You see I had 340 clean days until 4 days ago when I messed up. Now I am BH up to 3 clean days. **While I'm far from 100% clean**, I don't give up and just keep plowing.

you are **100%** clean for 340 days,

and **100%** clean for 3 days.

and **100%** dirty for about an hour.

keep loving!

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Re: What will be with me

Posted by eraygrand - 29 Feb 2024 01:01

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Yes, it's possible!! The most powerful tool the yetzer Hora has in this battle is yiush. I just celebrated one year clean yesterday after MANY years of thinking there was no way out. I promise you it's worth the fight in so many more ways than you can imagine. Even the small victories are precious as they continue to add up. Please keep in touch and speak with some of the amazing resources here and know that you are not alone!

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Re: What will be with me

Posted by youknowwho - 29 Feb 2024 01:36

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Hey where'd you go?! The kind GYE nurse didn't even have a chance to pull the doggone IV

line out!

And you left all your clothes on the chair.

On a more emphatic note, I get it. Sometimes I wish I could delete myself too, only problem is, as Moldy Voldy, I keep on coming back...

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Re: What will be with me

Posted by yitzchokm - 29 Feb 2024 01:37

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[eraygrand wrote on 29 Feb 2024 01:01:](#)

Yes, it's possible!! The most powerful tool the yetzer Hora has in this battle is yiush. I just celebrated one year clean yesterday after MANY years of thinking there was no way out. I promise you it's worth the fight in so many more ways than you can imagine. Even the small victories are precious as they continue to add up. Please keep in touch and speak with some of the amazing resources here and know that you are not alone!

Mazel Tov!!!!

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Re: What will be with me

Posted by Heeling - 29 Feb 2024 02:03

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[eraygrand wrote on 29 Feb 2024 01:01:](#)

Yes, it's possible!! The most powerful tool the yetzer Hora has in this battle is yiush. I just celebrated one year clean yesterday after MANY years of thinking there was no way out. I promise you it's worth the fight in so many more ways than you can imagine. Even the small victories are precious as they continue to add up. Please keep in touch and speak with some of the amazing resources here and know that you are not alone!

Wow! Major shout out!

Unfortunately, I messed up - it hurts, it really does. I know guys will say 'we love you, its 340+the new days' - i get it but lets face it I masturbated. Yes, every single once of effort I put in didn't get lost and no those 340 days are not erased nor does my fall define my future. But I messed up my streak, I violated my commitment. I sinned.

But I will not let that stop me from continuing the battle. my focus isnt 340 or a year, its to over come every challenge that comes my way.

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Re: What will be with me

Posted by redfaced - 29 Feb 2024 03:35

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[youknowwho wrote on 29 Feb 2024 01:36:](#)

Hey where'd you go?! The kind GYE nurse didn't even have a chance to pull the doggone IV line out!

And you left all your clothes on the chair.

On a more emphatic note, I get it. Sometimes I wish I could delete myself too, only problem is, as Moldy Voldy, I keep on coming back...

Who the heck is scaring everyone off these days

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Re: What will be with me

Posted by Heeling - 29 Feb 2024 20:09

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the hit man

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Re: What will be with me

Posted by foolie - 29 Feb 2024 20:35

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Damn straight baby

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Re: What will be with me

Posted by chaimoigen - 01 Mar 2024 01:19

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[foolie wrote on 29 Feb 2024 20:35:](#)

Damn straight baby

Hello. My name is Inigo Montoya....

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