

Help me stay clean

Posted by Poedel - 16 Feb 2025 06:57

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Dear friends,

I am clean now for 25 days, but until now, what always happened was that after a while I had a fall, and went back to zero, until I almost lost hope.

I am going on and of the 90-day chart now for about 11 years, always staying clean for a while, until after some time I slip and fall back into the habbit again. Help me stay clean this time! Some facts: I haven't mas\*\*\* for about 6 years now, pray in a minyan every prayer, I study chassidut and kabbala online ever since Corona, and am married and have a child. My wife doesn't know about my addiction, and I like to keep it that way. Please coach me out of this predicaments and help me stay clean this time!

Yours,

Poedel

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Re: Help me stay clean

Posted by stopsurvivingstartliving - 16 Feb 2025 10:12

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It is very very special that you are fighting for 11 years and are still fighting. Wow!

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Re: Help me stay clean

Posted by Muttel - 16 Feb 2025 10:33

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Welcome!

Wow, 11 years fighting! I'm only here for about 9 months so I'm much newer than you.... That being said, I've gained enormously from interacting with others on this forum. Might I suggest you reach out to Hashem Help Me ([michelgelner@gmail.com](mailto:michelgelner@gmail.com))? It was a life changer for me and I hope it'll be for you too....

Keep strong, brother,

Muttel

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Re: Help me stay clean  
Posted by trying23 - 16 Feb 2025 13:05

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Wow 6 years of no m is incredible, and kudos for the 25 days, I'm also around 25 days now we can do this.

Hatzlocho

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Re: Help me stay clean  
Posted by jollylemur95 - 16 Feb 2025 13:33

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Welcome!

That is mighty special to keep working on it for such a long time without giving up!

As mentioned, the best way to fight is to fight together . Talk to the chevra and be"h you will see great results!

Hatzlacha!!

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Re: Help me stay clean  
Posted by Poedel - 17 Feb 2025 08:34

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Dear Muttel,

Thank you for your warm words. Yesterday I had a bit of a slip, the Yetser caught me unawares. You know, the Yetser makes it so easy for me to fall, that it almost impossible not to slip from time to time. I have to stick more to my kabbalah books and concentrate on kedusha more I guess. At the moment I am fasting for one of the last days of Showawim. I using all my guns against the yetser, but he is a very tough opponent. I wish I never bought a smartphone, but now my wife got used to me having WhatsApp, so what can I do? What also triggers me is seeing beautiful girls. I try not to look but that also is not easy. You know, the only perfect Jew was Moshe rabenu, all we can do is try and hope for the best! I think a lot is won when I for a start accept my self the way I am, and not try to be perfect. Would love to hear from you! By the way, how does it work here, how do I contact Hashem Help Me?

Yours,

Poedel

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Re: Help me stay clean  
Posted by Muttel - 17 Feb 2025 09:20

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You can email him at [Michelgelder@gmail.com](mailto:Michelgelder@gmail.com). He will respond setting up a time to call.

Hatzlacha!

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Re: Help me stay clean  
Posted by lamaazavtuni - 17 Feb 2025 19:47

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Welcome r poedle to the gye family! Just throwing out a bone , if your wife knew what you were doing on your smartphone I'm sure she would not mind you giving it up , so for the sake of

**GYE - Guard Your Eyes**

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shalom bayis give it up and even if your wife complains and kvetches or gets bitter its worth it shell have a different husband and you'll have a different life. (Not saying the YH will go away with the phone but it's minemizing it a lot . Much much hatzlacha!!

Keep us posted we wanna help you

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