

First post

Posted by beezrashashem1 - 01 Sep 2025 04:49

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This is my first time ever posting on the forum. I've been struggling for 10 years with p and m, I'm 22 and married now, and I reached out to GYE a couple weeks ago. I've talked to Efraim and Eerie and now just had my first call with CleanMendy. I'm looking forward to this being the Elul where I Bez"H finally take control, not only with issurei kedusha, but in all of the aspects of my life and relationships that have been affected by this. Please!!!!

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Re: First post

Posted by aryeh1 - 03 Sep 2025 04:39

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It's hard to view this as an accomplishment tbh because I'm literally only at 3 days clean.

WOW 3 DAYS!!! If the number 3 looks small in your eyes, then think of it as 72 hours!! Or better yet, 4320 minutes!!!

This struggle is on a minute-by-minute basis, just like you describe the urges that raged in your head today.

Keep it up! You can do it!!!

P.S. I hope I did the math right:)

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Re: First post

Posted by BenHashemBH - 03 Sep 2025 12:25

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[aryeh1 wrote on 03 Sep 2025 04:39:](#)

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P.S. I hope I did the math right:)

Thank you Brother Aryeh,

Kol Tov

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Re: First post  
Posted by hashemisonmyside - 03 Sep 2025 18:57

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wow!!

what a strong way to look at these counting!!!!

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Re: First post

Posted by beezrashashem1 - 04 Sep 2025 03:08

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Day 4 coming to a close. Today was similar to yesterday. Again, I wasn't in control of my shmiras einayim. I am sorry to admit that I was looking at inappropriate content (same general stuff as yesterday - mostly not explicit, but still shmutz) at various points throughout the day. I have filters on all of my devices, but lemaiseh I'm very good at getting around them. My yetzer hara is extremely intelligent and tech savvy lol. Baruch Hashem, though, I managed to actually block up one of my primary access points as of this afternoon, and I don't think I will be able to get around that. Still trying to work with TAG to block my other ways of getting around my filters, and I'm really hoping that works, because that would be a huge step in leveling the playing field between me and the yetzer hara. So, on a shmiras einayim front, not the best day. But, whereas last week, just like I said yesterday, I would've given in the first time I saw any of this imagery with no hesitation or self control whatsoever, I didn't give in today! I almost took it too far once or twice, but my neshama was begging me deep down not to, and to keep going and making strides. Honestly so insanely hard to resist the crazy temptations, and I never actually thought I could do it. Throughout the day I kept doubting myself, kept thinking that I was going to fall so soon, so why not now. But, my fellow chashive yidden, I didn't. I kept holding on, kept pushing forward, minute after painstaking minute. And here I am, smiling as I'm writing, reporting an overall positive, clean day, and another devastating blow to the yetzer hara.

p.s. thank you to kleinheim for giving me chizzuk when I needed it most today!

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Re: First post

Posted by beezrashashem1 - 05 Sep 2025 22:34

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Day 6 winding down. BH I'm still clean, and haven't even looked at anything bad today or yesterday (which was not the case a couple of days ago)! I've had some mild urges but didn't give in bichlal. I'm starting to think that this challenge, which I once thought was insurmountable, is actually something that I can beat. I've gone 6 clean days before, but usually it would be if I

was very busy and didn't have time to think about being nichshal. I don't remember there ever being a time where I've gone this long when I had so many opportunities to fail and still pushed through, which is what I've done this past week. BH, I'm very proud of myself, and I hope that I can continue the streak.

I've also noticed that staying clean has had a general positive impact on my life and personality. I'm more motivated, more positive, more giving, more fulfilled, and just plain happier. My wife even remarked that I've been so helpful and positive lately. It's reassuring to know that my efforts to overcome these struggles are paying off on a broader scale than just beating the yetzer hara.

I went to the mikvah today, and every time I've gone in the past, I'd always daven for the same thing: that from now on I'll be tahor, and this whole struggle will be behind me. I would go in, and, of course (and I'm sure everyone's familiar with this) it didn't even take a few days before I was nichshal again. But this time I went in, I truly believe that my tefilos could come true. I now have the motivation, resources, and support group for meaningful, lasting change, and I couldn't be happier about that.

Wishing everybody a beautiful Shabbos filled with simcha, kedusha, and yeshuos.

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Re: First post

Posted by keepmekadosh - 07 Sep 2025 03:40

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Have you reached out to HHM yet?

What do you do for a living?

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Re: First post

Posted by pomegranate - 07 Sep 2025 20:44

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Wow you've climbed a huge hill, I hope it gets easier, stay optimistic but cautious that more steep slopes can come from unexpected directions. Whatever happens you have a number of

huge successes that are worth 1000 or 2000 times more than any falls.

With respect and best wishes.

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Re: First post

Posted by beezrashashem1 - Today 02:51

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Rabboisai.

I haven't posted in a little while. Unfortunately, I was ????.

I think that the main thing that went wrong was that for the entirety of last week, I was consistently in touch with chevra from GYE, but over shabbos I obviously was not communicating with anyone, and I think that this broke my chain of communication and pushed me back into isolation. After shabbos, I didn't reach out to anyone, and that caused me to let my guard down. I have to work on maintaining consistent communication. Staying out of isolation is key to overcoming this struggle. I think next motzei shabbos I'll reach out to someone immediately.

In terms of going forward, I think that the only mentality to have is that even though I failed, I only failed after a week of perseverance and many battles won. One lost battle doesn't negate those won before, nor does it inhibit my ability to win going forward. The yetzer hara keeps trying to trap me by convincing me that since my streak is done and I have to start all over again, there's no point in even trying. But it's dead wrong. I have to just view this as a slight setback that I can learn from and gain from, and I have to just keep my head up and move forward. Hopefully I'll get a longer streak next time.

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Re: First post

Posted by hashemisonmyside - Today 03:19

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100%, just pick ur self up and continue climbing the mountain, you will get high up by continuing to fight this battle

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