

I'm gonna do it this time

Posted by cleanmendy - 10 Jan 2025 16:12

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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 amevakesh - 06 Apr 2025 16:50

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Just want to put it out there, how much your beautiful posts inspire me and give me (and I'm sure so many others) Chizuk when I read about your journey. It's an awe inspiring real journey, where despite the occasional slip up, you keep on pushing forward, learning from mistakes, and incorporating it into the game plan, toward the goal of breaking free completely. True ??????!!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 07 Apr 2025 01:04

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[amevakesh wrote on 06 Apr 2025 16:50:](#)

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R' Amevakesh you brought me to tears, the chizuk you give me, as well as all the other holy mevakshim on here is what got me to where I am today!

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Re: I'm gonna do it this time  
Posted by cleanmendy - Today 13:43

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Hi friends, since Chol Hamoed time I've been dealing with a lot of constant urges. Yesterday it got much worse, constant fantasizing.

But when I realized the sheker of the YH it helped me immensely, the YH was telling me that once the urges start and keep getting worse it wont stop until I get the release my body needs. So I may as well just let myself act out. There's no point in fighting it.

**This is the biggest lie out there. Our body isn't a pressure cooker that at some point will explode. Its not inevitable that if I have an urge than I have to act on it. If I ignore it, than it'll diminish.**

Which is exactly what happened, I tried to ignore it as much as possible, reminding myself that I dont do this anymore. I woke up today feeling much better. Even though yesterday I was parked outside some unsavory places...

Yesterday I had a tayvah, but today I don't. This is how our life goes we have tayvahs, its ok to. It wouldnt be ok if we didnt!



Posted by balancedfox70 - Today 14:26

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KOMT

Right on as always! Couldn't agree more.

Sometimes I feel that it's just another bodily necessity. And so I eat, drink and sleep... and then I do this. And by not doing it I am causing a deficiency to myself and my body, so I may as well act out now before it gets even worse.

I tell myself from time to time that this is only external and will pass on eventually and then presto; **It does!**

Keep up the good work and don't stop inspiring yourself and the oilam as well!

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Re: I'm gonna do it this time

Posted by BenHashemBH - Today 15:15

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Shalom Brother Mendy,

It's good to hear from you!

I don't remember the exact words or where it is quoted, but I think it's a well-known text (BH my memory is improving post all the brain-rotting activities I used to do, but it seems it's a slow process).

There is a small eiver that a man has. Feed it and it will become hungry. Starve it and it will be satiated.

One thing that this means is that if you allow your cravings to dictate your choices, then you relinquish control reacting to stimuli. I have to do all the things, and there is never an end to the things.

Starving it means I don't let it have whatever it wants. I can say no. I choose when, where, and how. You live assertively and deliberately, not passively along for the ride.

Even when things are really tough, and we might make a poor choice, **own it**. No one makes us do anything. Accepting responsibility is an essential step towards internal change and being able to stop the thought that anything is inevitable.

**Warning: Spoiler!**

Hatzlacha and Kol Tov

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Re: I'm gonna do it this time  
Posted by Muttel - Today 15:35

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I couldnt resist, BH. Seeing this written out drives your point home....

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Re: I'm gonna do it this time  
Posted by balancedfox70 - Today 17:01

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