

I'm gonna do it this time

Posted by cleanmendy - 10 Jan 2025 16:12

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!

=====

=====

Re: I'm gonna do it this time

Posted by amevakesh - 06 May 2025 13:50

??? ?????!!!

=====

=====

Re: I'm gonna do it this time

Posted by lamaazavtuni - 07 May 2025 03:23

Wow Mendy!! U hit it on the head

Warning: Spoiler!

=====

Re: I'm gonna do it this time

Posted by cleanmendy - 08 May 2025 11:37

Day 128.

Had a rough day yesterday. I drove to specific places to get some good 'sights' in.

I had extra time on my hands, so I lusted.

Later I spoke to a friend to speak it out, definitely helped.

I need to find something productive to do with any spare time I may have, i.e. Bein hasedarim/hazemanim.

=====

Re: I'm gonna do it this time

Posted by BenHashemBH - 08 May 2025 12:10

[cleanmendy wrote on 08 May 2025 11:37:](#)

Day 128.

Had a rough day yesterday. I drove to specific places to get some good 'sights' in.

I had extra time on my hands, so I lusted.

Later I spoke to a friend to speak it out, definitely helped.

I need to find something productive to do with any spare time I may have, i.e. Bein hasedarim/hazemanim.

Brother Mendy,

Speaking to good friends is great (you can do it during spare time too, no need to be preempted by anything). I, for one, would love to connect with you more. Please consider sending me an email or text message next time you are "bored".

As for other specific activities, what do you enjoy? Reading, chessed, writing, music, exercise, talking tachlis?

Your self-awareness and honesty will get you far. Keep rising Brother. Kol Tov.

=====
=====

Re: I'm gonna do it this time

Posted by cleanmendy - Yesterday 22:30

I need to write this out for clarity sake.

Bh me and my wife have a great relationship. Even with my struggles it didn't affect as bad as it could have been. But, I did always feel that she wasn't completely sharing with me. Since coming on GYE, I've seen so many differences in my life, one of them was this. I felt that we had a more open, loving and communicative relationship. Which meant the world to me.

But the same problem came back again that I felt that we didn't have this complete open communication that I crave. It was driving me crazy. I spoke to some Chevra, and got some clarity.

For so many years I was a person with a secret, a deep dark secret. Locked inside of me, pain, loneliness, and most of all, two facedness. This hypocrisy that was my life, caused me to doubt anyone else's legitimacy. It also caused that I didn't believe that anyone could trust in me, after all I'm fake.

The same was with my wife I didn't believe that she could be open with me, cuz (I thought) she sensed I was living a lie.

Now, I still don't know that I was wrong, maybe she couldn't be vulnerable with me, and maybe even though I'm changing drastically now, and living a much more real life, the healing will still take time. I guess we'll see...

Dont know if I was clear but just sharing my mind with you, Enjoy;)

=====

=====