

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!

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Re: I'm gonna do it this time

Posted by amevakesh - 06 May 2025 13:50

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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!

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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.

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Re: I'm gonna do it this time

Posted by BenHashemBH - 08 May 2025 12:10

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

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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.

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Re: I'm gonna do it this time

Posted by cleanmendy - 14 May 2025 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;)

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Re: I'm gonna do it this time

Posted by cleanmendy - 25 May 2025 17:08

I just wanted to keep everyone posted. I'm bh doing very good in the battle. I'm halfway through the battle of the generation for the second time, literally a lifeline for me.

I've tried something which has really helped with my looking on the street. One of the hardest times for me is walking on Shabbos, for the obvious reasons. I made up to keep my head down for just two times over Shabbos, walking home form Shachris and Mincha. Not that the other times its muttar to gaze, but those two times to really not look anywhere.

It has helped me realize how much more power I have over my urges than I let myself believe!

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Re: I'm gonna do it this time

Posted by daverose - 25 May 2025 21:22

Hi ive been following your thread for a while. Its a tremendous chizzuk for me and prob everyone of us that so desperately want to break free from this. Im pretty early to this journey but the only thing that got me this far was keeping my head down on the street.

Thank you and pls keep on posting!

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Re: I'm gonna do it this time

Posted by ?? ????? - 25 May 2025 23:06

Regarding walking on the street what I do sometimes is something that I think heard it on one of the vaymuain videos, I keep a bunch of quarters in one pocket and every time I hold myself back from looking where it's not healthy for me I take a quarter and put it in the other pocket, as far I understand it helps because I get like instant rewarding let me know if anyone could benefit from it

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Re: I'm gonna do it this time

Posted by ?? ????? - 25 May 2025 23:14

Another idea is that I found the reason i look around is because my curiosity so I try sometimes to go against my curiosity even where its allowed so I prove myself my power against my curiosity,

Another idea which helped me in the past is that I should be in charge where my eyes are looking so when I read the parasha as ?????????? I don't look outside from the beginning to the end if you could do this it kills your curiosity for anything

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Re: I'm gonna do it this time

Posted by proudyungerman - 28 May 2025 02:37

What a special, special conversation with a tremendously special person!

You are soarin' high, remember us down here as you keep flyin' high!

KOMT!

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Re: I'm gonna do it this time

Posted by cleanmendy - 28 May 2025 20:13

I heard an amazing ????? from Reb Yehuda Jacobs Zatzal, Mashgiach in BMG. Speaking in a vaad to Yungerleit in yeshiva, he said. No Yungerman should ever walk around with too much cash in his pocket, because maybe he'll pass by an unsavory establishment.

This is so powerful for us on GYE. He wasn't talking at a GYE convention, he was talking to regular Yungerleit. He felt that, yes, even someone who has never even had a thought about such things still has to be careful, Because were all vulnerable.

This means, we are NORMAL!!!! Yes we fell in our battles and maybe some of us took it pretty far... But the thoughts and the fantasies are what normal healthy Yidden, like us, have to deal with.

Its true that we fell and let ourselves get carried away with our Taayvos. But that doesn't mean in any way that were bad or different, just means that were Hashems children who he placed in this world to experience such challenges and fight to the best of our ability.

The only reason why guys like us may be different, Is because when we win our battles we soar higher than we could have ever imagined!

KOMT Hatzlacha!!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 29 May 2025 15:14

I am Bezras Hashem, and with the help of so many dear dear friends holding at 5 months clean.

There's two points that I fell are an Ikar for getting of the hell I was living in.

1. Reach out to the Chevra!!!!!! I know its written hundreds of times, but there's a good reason for that. It works. Plain and simple.

2. Have patience. Right when I started I wanted every issue to go away immediately. Some things take time, just keep doing the best you can and you'll see how your life will change Bezras Hashem.

Have a great and fulfilling Yom Tov!

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Re: I'm gonna do it this time

Posted by cleanmendy - 08 Jun 2025 13:38

Something I've been doing recently is so powerful. Looking down!

It may sound like something unrealistic, but really its the easy way out. When I'm walking and

looking around and I see something enticing, its really difficult to look away. But on the other hand If I'm looking down to begin with then I don't even know if there's something enticing to see! I started doing this on two of my walks to Shul on Shabbos. It has helped me immensely.

It also shows me that I don't need to see everything, nothin will happen to me if I don't know what every one in my neighborhood is wearing that week;)

We constantly underestimate the amount of self-control we have. Its time to face reality. We are very much in control of ourselves even if we let ourselves look and do whatever we wanted for years and years. That doesn't change anything.

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Re: I'm gonna do it this time
Posted by iwantlife - 08 Jun 2025 15:12

[cleanmendy wrote on 08 Jun 2025 13:38:](#)

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Thanks for sharing this. I'd add to your great points that a) The easiest time to be in control is before the nisayon. Once you start lusting, self-control becomes orders of magnitude harder. b) If it seems daunting, take it in steps. Kind of like starting a seder for the first five minutes b'retzifus. "I'll keep eyes on the sidewalk for the first block, first two blocks etc." Next thing you know, you're at Shul. c) I find that on top of the practical, immediate benefits of having avoided looking/lusting at passersby for x amount of time, it gives a real boost to my sense of control in general, meaning I'm taking positive offensive actions against the YH and **succeeding**, which trickles over to other areas, like when I'm online etc. Oh yeah and you might have a funny story or two, [I know I have](#)..

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