

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 cleanmendy - 25 Jun 2025 01:36

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Its really a feat,

To stay on your feet.

Not look or peek.

Every day every week.

This way or that,

The temptations are fast.

From big or small,

We try not to fall.

Then comes the summer,

Its really a bummer.

For our holy neshamas,

Oy tatte help us!

But instead of this thinkin'

That its hard to stop lookin'

Lets start believing

That each time we are winning

Its not just to 'get us'

But instead, to build us

An opportunity were given

To really start livin'

That feeling we have

When we win over bad

Is greater than this malady

These thoughts and fantasies

So my friends keep it up

A reine moach un kop

Will bring you delight

May Hashem show us the light!

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Re: I'm gonna do it this time

Posted by lamaazavtuni - 26 Jun 2025 00:55

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Beautiful!! Ttto??

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Re: I'm gonna do it this time

Posted by cleanmendy - 26 Jun 2025 11:29

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[lamaazavtuni wrote on 26 Jun 2025 00:55:](#)

Beautiful!! Ttto??

Sorry no tune this time, some may call it a rap:)

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Re: I'm gonna do it this time

Posted by proudyungerman - 13 Jul 2025 18:58

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[cleanmendy wrote on 26 Jun 2025 11:29:](#)

[lamaazavtuni wrote on 26 Jun 2025 00:55:](#)

Beautiful!! Ttto??

Sorry no tune this time, some may call it a rap:)

Did someone call the [Holy Ish](#)? Is he really bein' challenged?!?

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Re: I'm gonna do it this time

Posted by cleanmendy - 20 Jul 2025 12:38

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I had a conversation with one of the Chevra on here, which gave me great clarity, and I wanted to share.

There's constantly talk on here of when the urges start raining down, call a friend. How does this work, and why?

So a prerequisite to the friendships on here, is self-clarity. If I would be offered to get any of the fantasies that I have dreamed of for years, And I would be offered that today, what would I say? Yes or no?

If the answer is yes, then I am not clear in my agenda and what I want from it, and calling a friend when I do have the option of acting on that fantasy, wont necessarily help too much. I could call a friend but he very possibly wont be able to help me not act out. **Because I want to act out.**

If the answer is NO, **I dont want this no matter what!** For whatever reason, I made a conscious decision that I don't want this, then when the urge and opportunity to act out comes up. I could call a friend and he'll help me get back to that place of clarity. That place in my mind where I know what I want, without the Bilbul of the Urge. By speaking it out I'll be able to calm down and **decide to control myself.**

Now, how do I get to that clarity of what I really want in my life? It can come to you by yourself, or also with talking to a friend who can help you get that clarity.

Some people may have a 'moment' when they realize what they want in their life.

Either way its a must for controlling ourselves.

KOMT!!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 29 Jul 2025 17:43

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This brought me to tears

[vayimaen.us21.list-manage.com/track/click?u=5120bc162ffbbb7d817837eb8&id=b43ca2385d&e=2c9cb76103](http://vayimaen.us21.list-manage.com/track/click?u=5120bc162ffbbb7d817837eb8&id=b43ca2385d&e=2c9cb76103)

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Re: I'm gonna do it this time

Posted by dudeshemesh - 30 Jul 2025 13:25

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The first time I broke the cycle of addiction, it led to mild spiritual progress and enhancement of my Jewish identity. I even found a song with good lyrics...The second and third time (same year) was when I saw even more of a desire to connect to *Hashem* and other people. While living in Yerushalayim, I found that doing *Chesed* actually diminished the desire to do these sins...*Baruch Hashem* that we live in a world where are opportunities to do *Chesed*.

Also: ages later, from the *Yom Kippur*, same Hebrew year as October 7th, until *Tammuz* of the same Hebrew year, I was not indulging in any of these *taivos* at all which [with the exception of 2 occasions in [i]Chesvan[/i]]. So for a fair amount of time, I was actually making more spiritual progress. Bli Ayin Hara.

And recently, I was able to find a good rental the day after a certain evening when I disabled the browser on my phone. Browsers have been an issue. I didn't use Facebook/similar apps for years...and I don't even use Youtube much.

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Re: I'm gonna do it this time

Posted by Muttel - 30 Jul 2025 13:28

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As it did me... Thank you CM for bringing it to the forefront...

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Re: I'm gonna do it this time

Posted by amevakesh - 01 Aug 2025 20:36

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Me as well! And I don't tear up easily. The message, and the one who gave over the message carries so much meaning for me. Thank you for sharing.

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Re: I'm gonna do it this time

Posted by cleanmendy - 05 Aug 2025 14:59

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Just a thought I had,

We say Modeh Ani every day, we know that our Neshama goes up to Hakadosh Baruch Hu every night, and in the morning we get it back. I have a question for people that are convinced that they are reshaim and not worth living through their day. If this was true about us, why does Hashem day in and day out give us back our Neshama? Wouldn't he just keep it with him and not let us dirty it, since that's what were doing anyways?

**Must be, that Hashem believes in us, He believes in us tremendously!! He sends us our Neshama back every day, because he trusts in us, even with our 'track record'!!**

The Beis Halevi says part of the Mitzvas Habitachon is to **believe in ourselves.**

Have a great day chevra!

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Re: I'm gonna do it this time

Posted by cleanmendy - 11 Aug 2025 15:18

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Just letting everyone know, BH, the audiobook for the battle of the generation was redone, not an ai voice but recorded professionally. Right now its on 24/6 but will be put on GYE and the GYE hotline soon.

This can be very helpful for guys who don't want to bring the book home, or don't have the time to read. You could listen in the car etc.

Until its on GYE, the link for the google drive is in my signature

If anyone has any ideas how to disseminate the audiobook or the regular book, please email me. [mendelclean1234@gmail.com](mailto:mendelclean1234@gmail.com)

Whoever hasn't read the book yet, there's no better time to start than now.

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Re: I'm gonna do it this time

Posted by cleanmendy - Yesterday 15:21

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I've been having a hard time this Elul. My learning isn't going great and I feel a little(lot) lost. today I had one of the hardest nisyonos I've had in a while. I was contacted by someone i know I contemplated for a minute, but BH was able to text back that that's not who I am anymore. I felt like a million dollars, which gave me a huge boost. Thank you Hashem for giving me the strength to say no, I dont really know how I did it.

One thing that I know helped me was the attitude in Altehmirrers post

[guardyoureyes.com/forum/19-Introduce-Yourself/428055-seeing-some-bright-light!?limit=15&start=195#441316](https://guardyoureyes.com/forum/19-Introduce-Yourself/428055-seeing-some-bright-light!?limit=15&start=195#441316)

Thank you AM, and everyone else in this family

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Re: I'm gonna do it this time

Posted by hashemisonmyside - Yesterday 16:24

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Wow Mendy, this is a perfect ????? story, it comes to show you that if you put in your effort to break free then Hashem will help in a situation when you can't alone, obviously the fact that you feel lost would've been a perfect time for YT to get you to fall but Hashem came into the picture to save you. (???? ?? ??? ?????? ?? ??? ????? ????? ??? ??? ?????? ?? ?????(

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