

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 cleanmendy - 06 Feb 2025 15:40

Heres a big part of my struggles that I haven't shared with anyone till last night when I opened up to my dear friend about, it felt so validating and his response was true that I feel like i must post here also.

In the past 36 days I changed so much, I haven't used unfiltered internet, no social media, no porn, no going live, all major accomplishments.

There's one thing that may seem minor compared to that list but bothered me to no end.

Over the years I fell so much in my relationship to Hashem that Davening became so hard for me, either I didn't daven at all, if I did it was only for a few minutes, and for days and days I didn't even put on tefillin at all.

For me I always felt that Kedusha issues were equal for all men, so I accepted the fact that I struggled cuz that's how Hashem made us. But not wanting to daven I didn't understand why it was so hard. I'm so ashamed to even write it, wracked with guilt. Why cant i daven?? Even making brachos became hard.

Finally last night I texted my dear friend, I opened up in tears to him, and he explained it so well.

Deep down my brain was telling me that I cant daven cuz I did so many aveiros, how can someone like me be close to Hashem? **And the same way I'm still ashamed to talk to my friends even though they know my secrets, so too with Hashem I was ashamed to open up to him and talk to him cuz he knows what I've done. He knows I'm fake...**

But the truth is that yes of course Hashem knows everything, and he loves me and understands that I'm not trying to be moired in him only I have misdirected tayvos and all he wants is to connect to him, and try to help and love ourselves and get better in all areas of our life.

I also read in TBOTG that Its obvious that Hashem doesn't want us to fail and gave us these impossible nisyonos to 'get us'.

No, he loves us and wants me to succeed and of course I can still be close with him even if for many years I felt so far away.

Now I understand why even though for years I felt such an aversion to davening. Always any singing part of davening I got very emotional even in my worst times. Cuz when we sing we don't feel like were talking to Hashem, just our raw emotion. Also davening Hallel we could just sing to him thank you for all the good he does for us without focusing on our bad, cuz in my warped view I felt that even though Hashem doesn't want my davening but he still wants my Hodaa.

Now I understand myself a little better I hope to work on it further, and I could proudly put on my tefillin knowing that Hashem loves me so dearly!

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Re: I'm gonna do it this time

Posted by eerie - 06 Feb 2025 17:16

My dear friend CM, I'm sitting here crying along with you. To feel that Hashem doesn't want us is so crazy painful. I'm sorry for your terrible pain. It's amazing to watch you grow, so continue growing and sharing. We are learning so much from you. And know that Hashem's love for you, and all of us, is boundless and endless. He always wants us close. Talk to Him. In your own words. Chazak, chazak, my special friend

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Re: I'm gonna do it this time

Posted by altehmirrerr - 06 Feb 2025 18:38

Dear cm shlita!!!!!! here goes the alteh mirrer on 1 of his rambles! buckle up!

First of all thank you for sharing, that must've been hard for you! many of us can identify **fully** with these struggles!!! it's nice to feel normal and part of a community!

2nd of all it really makes so much sense, because we've been locked up all alone in this struggle for too many years, thinking all along that there is no way out...., and at the same time expecting of ourselves to feel like good ehrlicheh yidden..... yidden that are doing and wanna do everything right! these 2 things didn't have a place to coexist in our minds, which leads us to the only possible conclusion that we identify ourselves as non ehrlicheh yidden that can only live with all these taivos, and can't possibly be identified as a good yid, but the real truth is that the only possible conclusion is that we **are** good ehrlicheh heiligeheh yidden! that is our true rotzon and that is fact! (too many proofs for now! but suffice to say that it bothered you that u don't feel connected to hashem).

We just have a struggle that we have had since such a young age all bottled up with no way to process and work through it, and there is no way to have expected us to, it would make zero sense if you would not have acted out all these years the way you did!!! so now bh you discovered our amazing family over here, and yes it seems like that you are making real connections with some real people, so keep that up

Keep up with those heilige treren! (like our mashgiach reb yeruchem once said about the chazanis.....)

Hatzlocha and a warm hug from the mir! we love you buddy!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 06 Feb 2025 21:58

[altehmirrerr wrote on 06 Feb 2025 18:38:](#)

First of all thank you for sharing, that must've been hard for you! many of us can identify **fully** with these struggles!!! it's nice to feel normal and part of a community!

You have no clue how hard it was for me. I was convinced that I was the only karkaftha dlo munach! I was so embarrassed to put it out there, I still am.

(which I guess is a good thing cuz it means I want better for myself)

I know that many others fell in other places, some will say I'm the only one that was mechalel shabbos, others will say that they're the only ones that went live. The point is we're not alone and we just need some warm love and brotherhood to help us past all of this, no matter what we've done.

Please Hashem help us be close to you.

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Re: I'm gonna do it this time

Posted by cleanmendy - 09 Feb 2025 14:14

Day 40

?Thank you Hashem for getting me to a place where I can say, I'm proud of myself.

I'm proud that when I had no cheshek to Daven, I realized that its my YH telling me I'm not able to be close to Hashem

I'm proud that when I had a Tayvah to take a third look, I held back and davened that she should have an easy Shabbos afternoon with her kids.(great advice I got to not objectify women)

I'm proud that even though my whole family has the flu, and its stressful, I'm not running to a massage parlor, I'm running to gye.

Thank you Hashem.

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Re: I'm gonna do it this time

Posted by cleanmendy - 09 Feb 2025 14:42

A nice story I saw over Shabbos.

When R' Dessler wanted to quit smoking, he went over to everyone around him and told them he's quitting. People were confused why he felt the need to let everyone know.

We on GYE know the answer, accountability. Yes, even R Dessler the epitome of Mussar and Machshava still needed accountability for himself.

Besides for the friends and connections I've made on here, I'm embarrassed to fall.

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Re: I'm gonna do it this time

Posted by altehmirrerr - 10 Feb 2025 03:39

[cleanmendy wrote on 09 Feb 2025 14:42:](#)

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We on GYE know the answer, accountability. Yes, even R Dessler the epitome of Mussar and Machshava still needed accountability for himself.

Beautiful! on the topic of the gedolim and smoking..... I once heard from R' Avrohom Erlanger zatza"l that R' Chaim Ahron Turchin was the only one of the talmidim of the ruv that didn't smoke, he explained himself that he has a tayvah for it like everyone else, but chazal say ol taamin biotzmicha so he's worried that since it's addictive he might end up smoking on shabbos!! oiy the lesson for us is self understood!!!! let's keep on trucking chevra!

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Re: I'm gonna do it this time

Posted by trying23 - 10 Feb 2025 05:32

Thank you R' mendy for starting this thread it's very inspiring.

I myself have been in this struggle for probably close to 20 years and still trying to figure out, reading the threads are really giving me a boost.

thank you for the chizzuk

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Re: I'm gonna do it this time

Posted by cleanmendy - 10 Feb 2025 14:20

[trying23 wrote on 10 Feb 2025 05:32:](#)

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Thank you for that, it really means a lot. Helps knowing that opening up like this is also helping others besides myself.

But I have to let you know that my recent hatzlacha in this fight did not come from the forums.

It was a heavy dose of siyata dishmaya, and opening up in person to some holy mentors on here and talking to others on the phone, it changed my life. I haven't looked back.

This past week I called HHM, while I was opening up about my lifestory, all the pain for years. He told me, that just like the pamalya shel malah comes down by leil seder. He said for sure, when a yid opens up to help himself, even though it's really really hard to make the call. He definitely brings such a nachas ruach to Hashem.

I burst into bitter tears when he told me that.

There's something so powerful about talking out your troubles to someone who you know you could trust. It opens up everything for you.

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Re: I'm gonna do it this time

Posted by cleanmendy - 11 Feb 2025 02:53

I went Shopping today, before I went in I stopped at the door and had a little talk with myself.

"Mendy do you wanna try something? How about watching your eyes for the next 15 minutes? Yes, some woman will be very beautiful, maybe some that aren't dressed so appropriately, but do you wanna show yourself you could? Do you wanna feel really good about yourself?"

Well I quickly decided I do, also because there was a long line of people waiting behind me to get in the store:)

Guess what? There were some very beautiful woman in the store today, but I was a man with a plan. I took some advice I got, and davened that each of them should have an easy afternoon with their kids and supper shouldn't burn!

This is not a holier than thou post, just telling you what worked for me.

Planning ahead works.

Getting ideas from friends that dealt with these issues works.

Posting works. (I feel like a million dollars now!)

Layla tov!

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Re: I'm gonna do it this time

Posted by lamaazavtuni - 11 Feb 2025 05:18

R Mendel your zicher holier than thou in your nisyanois only you could pass them !! But your a moiridikeh inspiration keep trucking tzadik!!!!

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Re: I'm gonna do it this time
Posted by cleanmendy - 12 Feb 2025 16:43

Ah! What a hug I got last night!!

Meeting R' eerie was takah eerie, just a few weeks ago I wouldn't have believed this was possible.

Bh were at this point!

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Re: I'm gonna do it this time
Posted by yosefms - 12 Feb 2025 16:58

Very happy for you BUT VERY JEALOUS!!

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