

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 yosefms - 13 Feb 2025 10:27

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I think #IWANAHUGEERIE! is worthy of its own dedicated forum!

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Re: I'm gonna do it this time

Posted by Muttel - 14 Feb 2025 16:19

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[cleanmendy wrote on 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!

Gotta say, though our meeting was brief (maybe I'll be zoche to another), that hug was delicious.... (not particularly Eerie though, just sweet and warm)

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Re: I'm gonna do it this time

Posted by cleanmendy - 16 Feb 2025 14:22

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So I've been really busy these past few days, haven't been posting much, but I did have time to meet some holy people. I'm laughing at myself at how my knee jerk reaction to meeting was, Really!? You watched porn!? You suffered like me!?

Its still a shock to me.

But that's the power of reaching out to the mentors on here, you realize that there's nothing wrong with you, if you watched porn or masturbated for years, or anything else you may have done. Your just a normal, good, healthy, heilige yid, that didn't have the tools to deal with this crazy environment that we live in.

And the main thing is that you could get past it, your not a lost cause.

You could become the person you really wanna be.

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Re: I'm gonna do it this time

Posted by chosemyschem - 16 Feb 2025 16:52

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Love this attitude!

Keep on trucking and you'll be there before you know it!

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Re: I'm gonna do it this time

Posted by cleanmendy - 18 Feb 2025 21:33

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Day 49!

My personal matan torah!

Ive been struggling with davening terribly, but since I've reached out and opened up about it, I now realize that many suffer with such issues.

Reb HHM told me that the best Pshat he could think of, is that, the satan is so mad at losing a good customer like me, that he is investing all his efforts in stopping my davening. Since I changed my life around my davening has such immense power that he wants to stop me at all costs!

Didan natzach!!

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Re: I'm gonna do it this time

Posted by cleanmendy - 18 Feb 2025 22:34

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I meant to post this a bit ago, R Shimshon Pincus writes that what a pwrson could for shovavim is be careful with Krias Shma.

What i took out of it is, especially for us on GYE, that many people get so caught up with the scary stuff written about zera lvatala, that they cant recover.

R Shimshon is telling us what to focus on, take one thing. But the main thing is to work on yourself without the tochacha!

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Re: I'm gonna do it this time

Posted by proudyungerman - 20 Feb 2025 15:08

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[cleanmendy wrote on 18 Feb 2025 22:34:](#)

I meant to post this a bit ago, R Shimshon Pincus writes that what a pwrson could for shovavim is be careful with Krias Shma.

What i took out of it is, especially for us on GYE, that many people get so caught up with the scary stuff written about zera lvatala, that they cant recover.

R Shimshon is telling us what to focus on, take one thing. But the main thing is to work on yourself without the tochacha!

I wonder if anyone on GYE who is still struggling, and even been clean for a while should even think about shovavim. It only brings up anxiety, pressure, and bad feelings. What's the point of thinking about something that's not going to help you in your journey? Wait until it can be a useful tool to help propel you to even further heights of Kedusha and Tahara.

What do you think?

(If you want to think about Shovavim, go the R' Leuchter route, as he doesn't mention zera levatala or any of the related inyanim at all. I have been following his weekly shiur on Shovavim and I've been loving it!)

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Re: I'm gonna do it this time

Posted by cleanmendy - 24 Feb 2025 22:09

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I had an eye opening experience.

Ive been involved in a project recently. And today I'm not involved in it anymore, all the sudden everything is triggering me today, everywhere I went, was a nisayon.

I spoke to my friend about it , he said that first of all I'm allowed to have a hard day.

Also the fact that I was feeling so good about myself for being involved in this project, now were

finished with it. I sub consciously felt down about it and a little empty.

Bh I reached out and I'm feeling much happier with myself now.

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Re: I'm gonna do it this time

Posted by cleanmendy - 27 Feb 2025 14:53

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Day 58

Ive been feeling so triggered these days. Every woman I see I'm staring. I'm not feeling that great about myself. im also dealing with opening up about some trauma from my teen years which is a huge part of my healing process but its taking a toll on me.

Ill update you guys as I stay strong bezh.

I will not let the process of healing be the cause of my failing.

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Re: I'm gonna do it this time

Posted by youknowwho - 27 Feb 2025 15:22

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[cleanmendy wrote on 27 Feb 2025 14:53:](#)

Day 58

**Ive been feeling so triggered these days. Every woman I see I'm staring.** I'm not feeling that great about myself. im also dealing with opening up about some trauma from my teen years which is a huge part of my healing process but its taking a toll on me.

Are you that guy in the parking lot of Gourmet Glatt whose got his phone plastered to his ear for the past half hour without talking to anyone, and bending down to tie your shoelaces for the fifteenth time?

Come on. I can see what you're really doin', you gotta be classy about it like I am. Just sit and stare while idling in your car with your finger deep up your nose.

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Re: I'm gonna do it this time  
Posted by cleanmendy - 27 Feb 2025 15:24

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Lol I needed that, They say humor fixes everything!

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Re: I'm gonna do it this time  
Posted by redfaced - 27 Feb 2025 18:35

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[cleanmendy wrote on 27 Feb 2025 15:24:](#)

Lol I needed that, They say humor fixes everything!

I can just as easily break stuff with humor as fix.

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Re: I'm gonna do it this time  
Posted by chosemyshem - 27 Feb 2025 22:41

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[youknowwho wrote on 27 Feb 2025 15:22:](#)

[cleanmendy wrote on 27 Feb 2025 14:53:](#)

Day 58

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Darn it I laughed so hard at this one that I scratched the inside of my nose with my nail and it really hurts.

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Re: I'm gonna do it this time

Posted by lamaazavtuni - 28 Feb 2025 06:09

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The satmar rav used to say that what one of his chassidem see on a train ride from Williamsburg to Manhattan (which is right near each other ) is more peritsus then a yid saw in his whole life in the heim.

I say one trip to gourmet glatt nowadays is more peritsus then a train ride from Williamsburg to

Manhattan .....

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