

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 jewizard21 - 28 Feb 2025 16:29

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I shudder to think of what's on the subway these days) .

There are some very interesting walls

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Re: I'm gonna do it this time

Posted by eerie - 28 Feb 2025 18:38

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[chosemyschem wrote on 28 Feb 2025 16:13:](#)

But talking about the style of dress and hanhaga in public. If you see pictures of non-Jews or Jews from that time, and compare them to the average frum woman in Gourmet Glatt, it's absolutely crazy.

This makes me cry

I once heard a real tzaddik say that the Chafetz Chaim once said that the women should just be told that the men aren't malachim and that's why they should be tzniusdig

Of course there are many perfectly tzniusdig frum women. But then again...

Yes, you are right, it's up to us to do our work, the environment notwithstanding. But it makes it so much harder...

Hashem, please end this galus already. It's just crazy what's going on.

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Re: I'm gonna do it this time

Posted by littleneshamale - 02 Mar 2025 00:40

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Shavuah tov everyone. This is my first time actually posting on here... I was told by a mentor of mine (a few months back) to post here everyday and it'll help keep me aware of myself. Unfortunately I figured in my head "that won't help". Well here I am, after an unfortunate few months, while everything in my life has literally been so blessed yet at the end of (or even early beginning of) each day I'd watch P or just simply M and it just makes me feel unworthy of what Hashem has been blessing me with. I'm here now after a beautiful Shabbos, with gorgeous weather for these cold winter months, feeling like this week will be my week. Another reason I feel on a high is bc lately I've began re-struggling with keeping Shabbos again and this Shabbos, bh, I stayed strong. So rilly just want to stay busy tonight and stay clean and BezH get back to that place of closeness with hashem that I know I have been at and can live by for the rest of my life. I'm going to try bliN to post here everyday just like a journal of how each day is going/went to see if this will be mechazek myself in this war with the Yetzer hara. BliN will be back here tomorrow with good news of my 2nd day clean!

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Re: I'm gonna do it this time

Posted by cleanmendy - 02 Mar 2025 02:59

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[eerie wrote on 28 Feb 2025 18:38:](#)

[chosemyschem wrote on 28 Feb 2025 16:13:](#)

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Yes, you are right, it's up to us to do our work, the environment notwithstanding. But it makes it so much harder...

Hashem, please end this galus already. It's just crazy what's going on.

Its really important to remember that its our struggle, even if the woman seem to be making it only harder.

How I look at the way woman dress. Its also the nisyonos hador. The same misunderstanding and skewed look on life that we have.

Not understanding themselves and their sexuality is causing them to feel the need to show themselves off.

Just like we think that a woman is what were shown on billboards and worse... they're also

poisoned with this garbage.

Its so sad how the social pressure to be the perfect size and 'model-look' affects them.

Just like we weren't taught as bachurim the reason to watch our eyes, and that porn exists and its bad, and why.

Were they taught why they have to dress appropriately?

I'm not blaming our chinuch system.

But this is the sad reality.

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Re: I'm gonna do it this time

Posted by cleanmendy - 05 Mar 2025 02:56

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Dear Cleanmendy,

I'm truly amazed at your success these past two months. I know every secret of yours and all that you have been through, and boy is it a lot! From acting out with friends to constant masturbation to porn to in person...

I know it all, yet my opinion doesn't change, why, you ask?

Because look at you, you didn't give up? All those years you tried don't count cuz you didn't have the proper tools to get better. Now you do. And your 64 days clean that's 64 times better than you were ever able to even imagine!!

So let me ask you, why do you focus on the few things that still need fixing and clarification in your brain? Why is it that you cant just appreciate your amazing work? Is it just perfectionism or a skewed outlook on how Hashem looks at you, his dear child?

So you took a second look today, and most days, maybe even many times a day. But do you remember that 65 days ago you didn't even realize that you were objectifying every woman on the street. Now you realize that its wrong and many times stop in middle or don't do it at all! That's not just a nice change that's life changing!

You used to be sitting for hours every day watching the worst, now, you have three chavrusas that you enjoy learning with.

So why Mendy, do you focus on the bad?

So, tefillah is a struggle? Youll get there, one battle at a time!

Just realize how great you are even with your imperfect actions and thoughts, your not supposed to be perfect your supposed to try to be the best you can!

Komt Love, me

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Re: I'm gonna do it this time  
Posted by altehmirrerr - 05 Mar 2025 03:45

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wow wow wow!!!! i second that! @cleanmendy can you please get me intouch with the letter writer??? he speaks such clear truth!!

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Re: I'm gonna do it this time  
Posted by cleanmendy - 06 Mar 2025 21:35

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I saw an amazing piece in michtav meeliyahu, I hope I'm quoting it correctly.

He writes, If someone works then ????, If your working to finish then its ??????????. Our job in this world it to do our best and not worry about the end goal, there is no end goal just the current. Realizing this that every good act we do is a major milestone in itself ,not dependent on the end of the story, we will have a life of simcha. He writes that being ??? ?????, also applies by ????????

Rav Dessler goes on to explain something amazing. Why do we have ?????? ?????, during Davening? He says that its because of the very high ?????? that davening could bring us too, when we feel that were not on that level, we get depressed which brings us to have ?????? ?????. The lack of Simcha in our Yiddishkeit causes these thoughts.

I think this is literally my struggle. If I'm not perfect then I feel like a failure, which brings me to be depressed about my personal growth and then causes all kinds of ideas in my head to act out.

Rav Dessler teaches that if I would remember that every 'small' mitzvah I do is major! Hashem is proud of me! I wouldn't be depressed or feel guilty of my wrongdoings. I can walk with my head held high that I try my best.

?"? ??? ? ?? ??"?

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Re: I'm gonna do it this time  
Posted by cleanmendy - 07 Mar 2025 03:07

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The past two days one of my kids got sick, really bad, which meant out of daycare, stress, shalom bayis not that great.

But that was with the old me, old me when a hard day came up. There was was only one way to deal with a hard day, act out.

The cycle went like this.

1. Stress arises
2. Panic
3. Act out
4. Wife worn out
5. Feeling down
6. Cant emotionally be there for her
7. Go to sleep in a bad mood

Yesterday, with the new Me it went something like this,

1. Stress arises
2. Face the stress head on
3. Be there for my family
4. Feeling great about myself
5. Wife tells me, "A day like today never ended like this before."
6. Feeling even better about myself

I realized that stress is a time to connect on the deepest levels with the ones I love, but that's only possible if I'm at peace with myself. If not then I run away from my problems, and we all suffer.

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Re: I'm gonna do it this time  
Posted by trying23 - 07 Mar 2025 03:45

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Wow beautiful, unfortunately the last time I had stress and I thought I can handle it, it didn't turn out so well.

keep inspiring

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Re: I'm gonna do it this time  
Posted by lamaazavtuni - 07 Mar 2025 03:50

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R Mendy your a moiridikeh inspiration for us . I hope you realize that!!!

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Re: I'm gonna do it this time  
Posted by cleanmendy - 07 Mar 2025 14:44

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That just means that we learn for next time.

Even a bad experience or a fall is a learning experience for us.

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Re: I'm gonna do it this time  
Posted by chosemyshem - 07 Mar 2025 15:02

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Beautiful! Amazing! And inspirational!!

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Re: I'm gonna do it this time  
Posted by cleanmendy - 11 Mar 2025 20:22

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Hey whose the one that lets the YH know when your feeling good about yourself so he could try to get you down??



## GYE - Guard Your Eyes

Generated: 8 April, 2025, 23:39

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Seriously stop bothering me, I'm done with all of that stuff, this is cleanmendy. Full stop.

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Re: I'm gonna do it this time

Posted by cleanmendy - 11 Mar 2025 20:39

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Ill explain that post.

Its day 70 for me, I've been doing amazing bh.

Then came the warm weather, whether its the way woman are dressed or the general atmosphere. More people out on the street. The point is my eyes are very busy. My brain is telling me its all because that's who i am, but the other side of my brain (the smarter side) is telling me, to relax, you'll learn how to control your eyes. This doesn't make you a failure or a bad person. This makes you someone who's working on his Kedusha.

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