

The mouse being honest

Posted by an honest mouse - 12 Apr 2010 13:31

I had been 21 days clean till friday then i fell and i just fell again, I was doing so well, looking forward to being back with my wife after nearly a year without being with her properly (coz of sickness during pregnancy and post pregnancy), i should've been clean for nearly a month when the time comes but i blew it and I feel really bad about it.

as soon as pesach finished and the summer came i felt like a protective shield had been removed, i felt exposed and vulnerable and now i've fallen lower than I have for a while. How do i get started over again ? pesach and long cleanliness for my wife where incentives which I've lost.

some thoughts and chizuk would be greatly appreciated, thanks!

p.s just posting here and knowing that others are tackling this problem too is really helpful, thanks to you all!

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Re: The mouse being honest

Posted by an honest mouse - 03 Oct 2010 22:15

hi

on simchas torah in the past, i would have bitter-sweet elevation. feeling spiritually high after yomim noroim and succas and being afraid that ill lose it all and start acting out again. im sure that fear and anxiety made it easier to fall. bH this year i just enjoyed yom tov itself, i didnt beg Hashem to keep clean forever more like previously, i just concentrated on not looking at the women in and around shul - on TODAY and that was much better for me.

Today i had a crazy rollercoastery day, with a very important decision to make (decision making stresses me out), a family argument and seeing my neighbour..... and i didnt act out!!! what an achievement (i certainly would've in the past) thanks GYE!!

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Re: The mouse being honest
Posted by frumfiend - 03 Oct 2010 22:17

It Sounds like real growth.

Kol Hakovod

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Re: The mouse being honest
Posted by Yosef Hatzadik - 04 Oct 2010 15:44

[an honest mouse wrote on 03 Oct 2010 22:15:](#)

..... and I didnt act out!!!! What an achievement! Thanks GYE!!

...and, Thanks to **An Honest Mouse**!!!!

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Re: The mouse being honest
Posted by an honest mouse - 04 Oct 2010 21:39

hi

im sorry to report that i acted out twice today, my neighbour was an immense trigger and i went

into autopilot in a split second.

i dont have anything brave or clever to say at this point, i feel pretty low, i only managed around 3 weeks and i cant seem to get past that point.

on the one hand i feel like i havent achieved anything and im starting from scratch but on the other hand, i had such success over the last 19 days that it cant have all been reset by one day of giving in ???

i will sleep it off and have a long chat with my partner in the morning iy'H

sorry to disappoint, people :'(

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Re: The mouse being honest

Posted by Shteeble - 05 Oct 2010 00:20

Score:

honest mouse 84

yetzer hara 02

who's winning?

(each battle counts for one point.)

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Re: The mouse being honest
Posted by worthless - 05 Oct 2010 03:10

Dear Mouse

to me your doing great so appreciate yourself as world pointed out and don't get down. However maybe you should pay attention to what dov is teaching. Acting out is what it says it is. We are acting out our emotions in an area where they should not be acted out most likely because we are not dealing with them properly in the area where they belong. We may have frustrations with our spouse, work, shul, friends etc., There are so many internal issues that are at play. The 12 steps will make you address it. I know I have to do them properly to be fully long term sober.

worthsomething(formerly worthless)

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Re: The mouse being honest
Posted by an honest mouse - 05 Oct 2010 22:23

thanks for your chizuk guys. w.s - i am on the 12 steps call and we're in the process of doing step 4 this week. I was actually triggered during step 4, which we read today in the white book (sa) is a lack of step 1. that is what my partner suggested to me and that is exactly what was in the chizuk email yesterday.

i don't think it was a coincidence at all that the entire chizuk email from my thread 6 months ago, because what dov wrote to me in this very thread way back on april 29th is exactly what i needed to hear last night (unbelievable that guard sent it yesterday a&w!) i have been cheshboning too much, i have been allowing the lust to go a bit and then trying to surrender it. Today i bH had a great day, i think i finally understand dov a lot better when he says 'need to get the heck out of Hashem's way'. i have been getting out of His way much earlier on, and i bH feel like i am right back on course.

i learned a lot from these falls...

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Re: The mouse being honest

Posted by an honest mouse - 05 Oct 2010 22:30

oh yeh - today i bought a bottom of the range mobile phone (transl. = cell phone) and got rid of my camera phone. i dont want to trigger anyone but it bekitzor limits my heicha timsa to find lust material.

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Re: The mouse being honest

Posted by Yosef Hatzadik - 05 Oct 2010 22:30

Please try to 'learn' from other *sources*; we hope you are not trying to fall every time you are in the mood of a lesson!! ;D

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Re: The mouse being honest

Posted by Yosef Hatzadik - 05 Oct 2010 22:31

[an honest mouse wrote on 05 Oct 2010 22:30:](#)

oh yeh - today i bought a bottom of the range mobile phone (transl. = cell phone) and got rid of my camera phone. i dont want to trigger anyone but it bekitzor limits my heicha timsa to find lust material.

oh yeah, can i please have your old mobile then?

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Re: The mouse being honest

Posted by kutan - 10 Oct 2010 17:00

Hi Mouse, how are you doing? We have not heard a squeak from you lately....

And, please, watch out for those sticky traps, and those snap ones, and now they have these newfangled 'cage' ones

> >)

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Re: The mouse being honest

Posted by an honest mouse - 10 Oct 2010 20:03

im not doing that great to tell you the truth. I have had 6 falls in the last 7 days and i am feeling very vulnerable, stressed and uncomfortable because ive just started a new job. i also haven't been concetrating on recovery because i did that best when my wife and kids were out of the house during the day, but im at work at that time now.

bekitsur, the cheese is what is in focus now, not the trap. In other words im living in the problem, (supposedly more humane! HAH! > not the solution as the 12 steps advises. I hope to have my 5th step conversation in the next few days which should shove me back into shape.

i did have an a&w moment today though in mariv, the tefillah for parnos, the pasuk comes from tehilim 55: '*Hashleich el Hashem y'hovcho, vehoo yechalkelecho*' 'through upon Hashem your **burden** and **He** will susatin you'. Steps 2 & 3, perhaps that was a sign of what i need to focus on, that posuk is for sure lacking with me, and that is what will help.

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Re: The mouse being honest

Posted by kutan - 10 Oct 2010 20:09

:D ;D

and thanks for being honest (yikes, I left that part out of your name in the last post... sorry).

MAZEL TOV!!! on the new job!

OK. I've got a message from Ari and his Royal Highness says to kindly ignore the past, trust in him for the future, and start again... now!

Hatzlacha!

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Re: The mouse being honest

Posted by worthless - 11 Oct 2010 04:59

Dear Honest Mouse Boy you have either a ton of unspent energy or a lot of frustration,I used to be able to do that 6 falls 7 days .I think I've just gotten older.But dig deep look at yourself maybe ther are things that frarate you that you don.t ralize frustrate you .The easy things to change are weekday minyan,or shabbos minyan,

type of torah studied -change gemorah ,do hashkafa or halacha,friends,time spent with children,job,.I believe if your acting out like that its not just that the externals are triggering you but the lack of menucha in your internals is making it easier for the outhere to get at you.

Rshalom arush book garden of Peace has revitalizez and revolutionized my marriage in ay I never thought possible.His sefer in forest fields has been teaching me ow to cnnect to Hashem and cut threw alot of the garbage in my life and get to the real emex that makes me life and breath.By staying sober you get out of the "bubble".But learn to grow from it and find the things that make you tick and you'll be so much better off.

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