

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!

=====

Re: The mouse being honest

Posted by Kedusha - 20 Oct 2010 18:43

HM,

Through thick and thin, the Ribbono Shel Olam is smiling at you - the Heiliger Guard, one of the

=====

Re: The mouse being honest

Posted by kutan - 20 Oct 2010 19:28

[guardureyes wrote on 20 Oct 2010 18:19:](#)

Kutun, you're a riot.

:D ;D

·A form a semicha, I think.

8)

Kutan S. Hachabura, C.R.

(Certified Riot)

=====
=====

Re: The mouse being honest

Posted by david712 - 20 Oct 2010 19:29

Kedusha and Guard in one day- *It is high it is far it is gone- Home Run!*

=====

====

Re: The mouse being honest
Posted by frumfiend - 20 Oct 2010 20:03

This is a progresive illness. Today its mast. Tommorow it will be following women. You could get arrested. Or you could start going to the red light district. Imagine your shver finding out about that. How about almost getting divorced if your wife finds out. Your wife even actualy divorce you. Imagine your embarrasment if people find out why. How about dealing with a crying depresed wife .

=====

====

Re: The mouse being honest
Posted by an honest mouse - 20 Oct 2010 21:35

wow wow wow, i didnt expect such a response and from guard as well!

Kutan - thanks for your words of nechomo and congratulations on your semicha!

Kedusha - you're right about consequences, what can u suggest that is enough but not too much?

Guard - im totally honoured that you took the time to post, thanks! the problem with 3 guys to call, is that im in the UK so the time difference is a problem, some of the guys i know from steves call are in israel but its expensive to call from my mobile... im thinking about sa more and more...

frumfiend - im already there with half of that unfortunately, already following women a little and my wife knows...i dealt with a crying depressed wife for a few months, thats one of the things putting me off going to sa...you're right tho, it is progressive

=====

====

Re: The mouse being honest

Posted by an honest mouse - 20 Oct 2010 21:38

btw, to have everyone jump in and try to help is extremely humbling and comforting... thanks! :'(

(there should be an emoticon with a smiley tear...)

=====
=====

Re: The mouse being honest

Posted by Kedusha - 20 Oct 2010 21:43

If it's money to Tzedaka, it has to be something you can afford, but that will hurt. It cannot count as Maaser or be used as a tax deduction - so it's really coming out of your pocket.

Check out the [Taphsic Method](#) - it might be just what you need to get on track.

=====
=====

Re: The mouse being honest

Posted by silentbattle - 20 Oct 2010 22:05

It doesn't hurt to have a few people you can call - and not all of them have to be from GYE! As Guard pointed out, we need to get out of our sick mindset.

Another option is to plan ahead. I always say this, I know, but that's cuz i think it works. Think of what you can do the next time you find yourself riding the lust train. Have a few activities set up, and imagine yourself walking away from lust to (fill in the blank - write poetry, practice playing a musical instrument, go for a jog, etc).

Run the scenario through your mind a few times, until that becomes your new script!

=====
=====

Re: The mouse being honest

Posted by an honest mouse - 20 Oct 2010 22:13

thanks sb and kedusha, i will try out both your suggestions. this place is trully wonderful and you

=====

=====

Re: The mouse being honest

Posted by Dov - 21 Oct 2010 02:40

are all trully wonderful :')
it takes one to know one.:(

=====

=====

Re: The mouse being honest

Posted by kutan - 21 Oct 2010 15:24

[Kedusha wrote on 20 Oct 2010 21:43:](#)

Check out the [Taphsic Method](#) - it might be just what you need to get on track.

There is a modified Taphsic method mentioned in a chizuk email recently... where your neder is to do a series of positive things before acting out...

=====

=====

Re: The mouse being honest

Posted by 7yipol - 21 Oct 2010 21:38

Hi Mouse,

I was given the heads up that this thread is the place to be - inspiring and, well, honest.

Your friends are rooting for you in the grandstands,

and if you look a drop higher, you'll see HKBH cheering loudest of all!

Cant wait to stop by again to wish you mazel tov on one-day-at-a-time till 90 plus!

=====

Re: The mouse being honest

Posted by an honest mouse - 21 Oct 2010 22:36

wow that is incredibly humbling to hear (or read i suppose...) :-[

welcome 'mom' (its hard for me to type that coz over here we spell it m-u-m!), thanks for the inspiration! i also cant wait!

today i found myself doing a 'dov'. i saw a triggering sight in the distance, surrendered it right away and davened for her that she should be a good mother to her children and a good wife to her husband and she should be the best that she could be. it was a beautiful, liberated feeling.

then a little later, instead of staring at my neighbours house as i walked home, i looked up at the pinky, fluffy clouds and marvelled at the wonders of Hashem's creation...pure beauty...

=====

Re: The mouse being honest

Posted by 1daat - 22 Oct 2010 06:01

=====

=====