

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 Kedusha - 26 Oct 2010 16:05

According to an online currency converter, \$200 is 126.0478 British Pounds.

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Re: The mouse being honest

Posted by Dov - 26 Oct 2010 17:39

If you really want to stop, I suggest that you penalize yourself this time, and then set up short term safeguards for the future, one week at a time...Hopefully, when the neder expires, you'll choose to renew it (it's in your own best interest), but that will be up to you.

Disclaimer: The following is not meant for everybody, just for addicts:

Personally, acting out *would* be the worst punishment *I* could think of. Cash payments mean little given the fact that every addict I know has spent more than a few hundred dollars on their addiction for downloads, videos, phone bills, and shrink visits, anyway....it never stopped *them*. And saying "Dov, that's cuz you are on a high madreiga!" is silly. If anything, it's because I sunk to such a *low* madreiga. That's how I know it.

So I suggest that if you want to *really* punish yourself, just keep acting out your lust - or as my sponsor would put it: "keep investigating" - until it ruins your life in enough ways that you *really* hate acting out, for a change. (So will the people around you, who's lives it may ruin, as well, but that might be necessary for you. You won't know what pain was needed, until you reach the point that you really want to quit.)

Then I guarantee you will

really want to stop

And *then* you will finally see clearly that you **can't** stop. Even though you really, truly want to. *That's* addiction.

I do not say this tongue-in-cheek. I *mean* it. But please don't put it on my 'plaitzes' - don't attribute this 'apikorsus' to *me*. I am not advising anyone to do anything.

Because I believe that whether *I* mean the above literally or not, the chances are 10:1 that any addict **will** end up doing just that, anyway! Has Torah or conscience truly stopped you or me till now? I think not.

I love you, Mouse.

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Re: The mouse being honest

Posted by Kedusha - 26 Oct 2010 17:50

Instead, why not try [hitting bottom while still on top?](#)

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Re: The mouse being honest

Posted by Dov - 26 Oct 2010 18:26

Touche', my friend!

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Re: The mouse being honest

Posted by an honest mouse - 26 Oct 2010 21:35

oy oy oy, i hear you both, you're both right... obviously i would want to go with kedusha's mehalech but i fear dov's is perhaps the only thing that will work.

I'm gonna surrender that fear - 'Hashem, I surreneder my fear of hitting rock bottom and my worrying about what the future will bring, I give myself over to You just for today, one clean day is all that matters right now, please give me the strength to get through the rest of the day the way You want me to.'

(the avoidah is to be able to do it again tomorrow morning and keep it up... there i go worrying
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Re: The mouse being honest

Posted by an honest mouse - 26 Oct 2010 22:43

[dov wrote on 26 Oct 2010 17:39:](#)

I love you, Mouse.

I love you too! its people like you that remind mice like me that there is a mouse-trap surrounding the cheese! :D

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Re: The mouse being honest

Posted by an honest mouse - 26 Oct 2010 22:49

a ha'orah about opportunity. I find sudden opportunities to be a massive trigger, 'i have the total rubbish, an opportunity is all it is, just an opportunity, it doesn't mean i have to *do* anything at all.

In fact, an opportunity is nothing to do with me and if it has nothing to do with me, it must be part of Hashem's plan. Therefore, the opportunity is the chance to surrender one more time, to choose Hashem and life instead of fleeting pleasure and then pain.

The next time an opportunity arises, i pray that i will have the strength to remember this and put it into action with Hashem's help.

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Re: The mouse being honest
Posted by Dov - 27 Oct 2010 02:52

It seems that saying these things you are writing about, especially (but not exclusively) the tefillos, is most beneficial. Saying them together with another person is sometimes helpful too. Come to think of it, we Jews 'invented' tefiloh betzibur - saying things like "Ashamnu", "Avinu Malkeinu", and "Adon Olam" together out loud with other yidden. It's gotta have *something* to it!

Maybe every now and then when crazy stupid ideas of little lust liberties pop into your mind you might enjoy making a quiet 'meow' sound...."There is a *cat* near this cheese..."

Just a cute behavioral tag. They are useful. In yiddishkeit we call some of them 'minhagim'.) It's not always so bad to be a mouse.

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Re: The mouse being honest
Posted by frumfiend - 27 Oct 2010 03:58

Honest i also find it very difficult to forgo those special lust opportunities.

Dov i didnt understand your answer to kedusha about hitting rock bottom while on top.

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Re: The mouse being honest
Posted by an honest mouse - 27 Oct 2010 10:16

[kutan shel hachabura wrote on 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...

[silentbattle wrote on 20 Oct 2010 22:05:](#)

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!

ok i have decided to try a combination of these ideas (thanks guys!):

I have been mekabel upon myself until next monday (not included) that when lust strikes, i will NOT act out before i do the following;

- 1) get up from my desk, take a short walk around the office and surrender the desire to Hashem, reminding myself that I am powerless and it makes my life unmanagable,
- 2) say the tehilim's for that day of the month,
- 3) text/call my wife to say i was just thinking of her & i love her,
- 4) call my partner to ask for help.

If i act out without doing one of these things, i will give ?50 to tzedoko (\$78.35 atm).

please feedback whether this makes sense or whether my addicts brain has messed it all up!
thanks!

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Re: The mouse being honest
Posted by Kedusha - 27 Oct 2010 16:41

[Frumfiend The star wrote on 27 Oct 2010 03:58:](#)

Honest i also find it very difficult to forgo those special lust opportunities.

Dov i didnt understand your answer to kedusha about hitting rock bottom while on top.

They are indeed opportunities - to reach the Madreigah of Yosef Hatzaddik.

It seems that Dov was agreeing with me.

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Re: The mouse being honest
Posted by Kedusha - 27 Oct 2010 16:42

HM,

Sounds like a good idea - give it a try!

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Re: The mouse being honest

Posted by david712 - 27 Oct 2010 17:08

Mouse go for it.

However if you see the money is not doing it as Dov pointed out then you should change planes. Sometimes we may feel like we are doing what we can because we spent money as a knas. And it turns out to be a emotional cushion more then help.

Keep it up....

David

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Re: The mouse being honest

Posted by kutan - 27 Oct 2010 19:21

wow... this has become the place to hang around for insight and wisdom!

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