

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 Yosef Hatzadik - 16 Nov 2010 00:23

Did someone scare the **mouse** away?

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Re: The mouse being honest

Posted by an honest mouse - 17 Nov 2010 16:05

no one scared the mouse away, the mouse has just been a little sick and not gone online much since the weekend. Being sick has always been synonomous with acting out for me, no good... need a strategy for next time...

Last night, i was able to use my new glasses and used the step 5 call tools that reb steve lovingly gave me. I was getting all bent out of shape coz my wife was gonna get more sleep than me, while she's on holiday and im working - i should get more sleep. then i thought of things from her perspective - shes gonna be with the kids all day, one has an ear infection and is very grumpy, while i can space out at work - she deserves more sleep than me!

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Re: The mouse being honest
Posted by ZemirosShabbos - 17 Nov 2010 16:09

for a moment i thought that you ran up the clock or that Disney sent a cease-and-desist letter or something...

great to have you back!

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Re: The mouse being honest
Posted by frumfiend - 17 Nov 2010 18:17

welcome good to hear the honesty of the mouse again.

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Re: The mouse being honest
Posted by an honest mouse - 19 Nov 2010 13:13

I like to delve into mitsvos im given, coz i feel there's a message in why i was asked for that particular thing. Im doing haftoroh tomorrow, so im gonna put up a little thought in the bais hamedrash on it. Have a great shabbos!

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Re: The mouse being honest

Posted by Dov - 21 Nov 2010 01:05

Is the mouse feeling better? Or should GYE pay for a staff vet?

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Re: The mouse being honest

Posted by an honest mouse - 21 Nov 2010 21:32

bH the mouse is much better but i would never turn down a free visit to the vet - whens my appointment?

Today from where i was sitting i could see my neighbour's car pull up (bH i havent seen her for about a month), my daughter was really bugging me at the time so i had RID and an opportunity = oh oh.

By the grace of G-d, i moved away from the window and sent my partner the following text (i couldnt call as my daughter was right there).

"I surrender the need to look at my neighbour, its a road i cant go down coz it leads to destruction. Hashem - please help me appreciate the wonderful family that i *have*!"

I calmly walked away from the fight and spoke with Hashem instead. Practice makes *progress*!

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Re: The mouse being honest

Posted by silentbattle - 21 Nov 2010 22:49

Nice!

It's a huge step forward when we start to realize that the things that seem good, are really destructive.

Not just as an intellectual concept, but a deep awareness.

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Re: The mouse being honest

Posted by Dov - 22 Nov 2010 02:51

The vet just called us back, and said he has a special running on spaying and neutering. Thankfully, it doesn't include rodents.

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Re: The mouse being honest

Posted by installed - 22 Nov 2010 10:55

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Re: The mouse being honest

Posted by an honest mouse - 22 Nov 2010 22:01

My wife sometimes makes a certain noise when she's asleep. A few years ago, hearing that noise would've triggered me to run to the internet (coz it means shes fallen asleep) and surf, many times almost the whole night (I mamash cringe when I remember those nights :-[)

Last night, I heard that noise and I felt a rush of warm, real love for her and I suddenly realised,

wow - look how far I've come! Thanks to Hashem, GYE, the 12 step phonecall and my partner!

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Re: The mouse being honest

Posted by ZemirosShabbos - 22 Nov 2010 22:15

beautiful! we should all dance a jig! thanks for sharing something so heartening

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Re: The mouse being honest

Posted by silentbattle - 23 Nov 2010 06:19

That's fantastic - both the good feeling, and the cringe, as well.

When we're able to look back and cringe at what we were, I think that means a certain progress.
A certain real-level "ugh!" which is important.

Which also helps us smile at ourselves and be proud, and bask in the good feeling of being clean, instead of suffering through the "depravation" of being clean (I have the feeling that some people will smile when they read that, and others may say, "huh? Of course it's deprivation!" Don't worry, guys - you'll get to the point when you'll understand it).

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Re: The mouse being honest

Posted by Yosef Hatzadik - 24 Nov 2010 00:07

Who ever thought I would feel love towards a mouse?? :-* :-* :-*

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