

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 - 19 Jan 2011 23:20

[an honest mouse wrote on 19 Jan 2011 22:37:](#)

I love u both dearly and have enourmous respect for you!

Me too! ;D

& that is beside for the love and enormous respect that I have for our mutual friend **An Honest Mouse!** :D

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Re: The mouse being honest

Posted by ramatganinternational - 20 Jan 2011 01:54

AHM,

Thinking of you, I know how you feel and am glad things are on the up,

Be bekesher,

Much love and admiration as always,

Y

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Re: The mouse being honest

Posted by silentbattle - 20 Jan 2011 13:33

Keep on trucking, my friend...

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Re: The mouse being honest

Posted by an honest mouse - 26 Jan 2011 13:47

Hi guys!

with Hashem's help im back to my old-new ways (ie recovery) for over a week so far... odaat!

I have this problem whereby i find it very diffuclt to get up for shacharis on time. I am be'etzem the type of guy who should be in shacharis on time every morning, i am with mincha & mariv, i love davening - i just cant get out of bed...

It used to be ok before i worked, coz i could just go to a later minayn, but now, if i dont get out of bed on time - ive missed it - me'uvos sh'eino yochol l'saken (?)

But.. recovery has bH made me realise what i was doing with it, based on the rebbe reb dov's heilege insight. I have been berating myself inside for not being at the level i ought to be - thats ga'avah - it causes rid and leads to lust... wait - for a lustaholic thats not such a good thing... hmmm

k - new mehalech! so im not the guy that never misses a minyan, i have trouble getting out of bed... nu nu... let go of it!!! try new things, fine, eg going to bed earlier, another alarm, whatever - but dont give it too much weight!!! Hashem doesn't want me to get so down about shacharis that i will escape to youknowwhere.

It's all about the right balance - on the one hand, work on it and try and improve day by day - on the other hand, accept where im holding and get on with my life.

(does that make any sense?)

mouse

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Re: The mouse being honest

Posted by ZemirosShabbos - 26 Jan 2011 15:39

sounds really good that you are back on track, living in recovery

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makes sense to me

Re: The mouse being honest

Posted by Yosef Hatzadik - 26 Jan 2011 18:26

YOU LAZY-GOOD-FOR-NOTHING!

GET YOURSELF OUT OF BED THIS INSTANT OR YOU ELSE YOU WILL MISS YOUR
CHEESE!!

FLATTEN YOUR EARS & TUCK IN YOUR TAIL. GET YOURSELF IN PROPER ORDER!
you are the 'shteigingest' mouse i know

.....and don't forget to daven first!!!

(Those who daven nicely will get the choiciest slices of Swiss [with the holes, yum!!!])

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Re: The mouse being honest

Posted by ZemiroShabbos - 26 Jan 2011 18:32

i have it in confidence that if you only eat the holes you don't make a bracha...

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Re: The mouse being honest

Posted by an honest mouse - 28 Jan 2011 13:00

a victory to share bH! Last night i had the opportunity to be alone in a house with a few acting out opportunities, because i had to drop something off there + my wife suddenly, unexpectedly became t'meyoh right in the middle of the muttar zman + my chavrusah had to leave early suddenly.

3 contributing factors to a fall for me - 1) rid of no wife, 2) sudden opening up of schedule, 3) opportunity.

i could feel the urge flowing through my veins but i thought, 7 mins till mariv, learn till then, daven and then you can act out. so what did i do after davening? i called my partner - but he wasnt available.... past = fall.

Last night, for the 1st time, i called someone else! he was my shomer while i dropped off what i had to and then we had a great connecting chat!

much better to go into shabbos like this bh!

have a great shabbos GYE!

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Re: The mouse being honest

Posted by ZemirosShabbos - 28 Jan 2011 16:41

gevaldig!

keep spreading the light

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Re: The mouse being honest

Posted by Maccabee - 28 Jan 2011 19:22

[ZemirosShabbos wrote on 26 Jan 2011 18:32:](#)

i have it in confidence that if you only eat the holes you don't make a bracha...

Great to hear Mouse! That's incredible!!

Good Shabbos everyone!

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Re: The mouse being honest

Posted by Dov - 30 Jan 2011 05:09

Smells like some integrity to me.

...mmmmm

Nice aroma!

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Re: The mouse being honest

Posted by silentbattle - 30 Jan 2011 06:24

That is great!

You must feel pretty incredible...like trying on a suit, and finding that it fits just right, so comfortable...

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Re: The mouse being honest

Posted by Yosef Hatzadik - 30 Jan 2011 16:51

It is like.....um....er.....dunno. You guys are poets? :D

I will suffice to say that it sounds good! ;D

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Re: The mouse being honest

Posted by Yosef Hatzadik - 30 Jan 2011 16:52

oooh!

I forgot!

KOT! KUTGW!

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