

The mouse being honest

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

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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 Dov - 14 Feb 2011 00:56

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I did!

And I forgot it again!!!!

WAAHHHHHHHHHHHHHHHHHHHH!!!!!!!!!!!!!!!!!!!!!!

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Re: The mouse being honest

Posted by Rising Up - 14 Feb 2011 01:00

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[dov wrote on 14 Feb 2011 00:56:](#)

I did!

And I forgot it again!!!!

[WAAHHHHHHHHHHHHHHHHHHHH!!!!!!!!!!!!!!!!!!!!!!](#)

This is better

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Re: The mouse being honest

Posted by Maccabee - 14 Feb 2011 02:10

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Dov I think we're going to need to add senility to your list of problems...

Oh, and Dov? I think we're going to need to add senility to your list of problems...

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Re: The mouse being honest

Posted by an honest mouse - 14 Feb 2011 13:39

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After being sober for only half a week, i can already see a marked difference.

I'm more efficient at work, i feel less of a need to be controlling, more of a calm trust in Hashem, more hislahvus in my general avodas Hashem.

acting out just numbs me and holds me down, stops me from trully living my life - its just not worth it...

sorry to hijack the thread...

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Re: The mouse being honest

Posted by ZemirosShabbos - 14 Feb 2011 15:14

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super!

keep on living!

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Re: The mouse being honest

Posted by Dov - 14 Feb 2011 18:06

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Has anyone seen a bar of soap on a mikkie floor?

It has "Dove" embossed in it with the last letter scratched out.

Ha.

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Re: The mouse being honest

Posted by Yosef Hatzadik - 14 Feb 2011 18:19

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[an honest mouse wrote on 14 Feb 2011 13:39:](#)

After being sober for only half a week, i can already see a marked difference.

I'm more efficient at work, i feel less of a need to be controlling, more of a calm trust in Hashem, more hislahvus in my general avodas Hashem.

acting out just numbs me and holds me down, stops me from trully living my life - its just not worth it...

You are now a Marked Man.

You have been marked with indelible ink!

This half-week mark will stay with you forever!

You are a Lucky Man!!!

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Re: The mouse being honest

Posted by ZemirosShabbos - 14 Feb 2011 19:20

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[Yosef Hatzadik wrote on 14 Feb 2011 18:19:](#)

You have been marked with indelible ink!

Dov(e)'s archnemesi

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Re: The mouse being honest

Posted by Dov - 16 Feb 2011 01:26

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Oh, go and dunk it in a mikvah, will you?

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Re: The mouse being honest

Posted by an honest mouse - 16 Feb 2011 13:57

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This morning i was feeling VERY week, very alone - i felt there was no alternative but to act out, i had no choice, it was too powerful for me, acting out would make everything feel better i wanted to repeat last weeks acting out scene, i was helpless.....

..... so i called one of the choshuver GYE'ers (who may wish to remain nameless...?) and talked it through and i feel myself again (mostly) bH i dont feel so alone and so low anymore and the fire has been rekindled in my soul.

Thank you GYE and thank you.....!

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Re: The mouse being honest

Posted by ZemiroShabbos - 16 Feb 2011 15:36

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Gevaldig!

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Re: The mouse being honest

Posted by an honest mouse - 18 Feb 2011 13:34

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I had 2 more episodes on wednesday where i felt powerless and *had* to act out. In the 2nd one, i actually had the material in my hand which i was going to use - but i ran away from the scene and called my partner - he brought me back to reality bH. But for the 3rd i gave in and allowed myself to be taken for the ride and i acted out.

On the one hand, i had 2 great successes, both of them where situations where i would usually act out and instead i reached out - that's big progress - the score was 2-1 to my recovery and its progress not perfection right?

But on the other hand, without getting myself too down about it, coz it was a successful day on the whole, why couldnt i repeat the feat the 3rd time and reach out? i think that i was viewing it as "it was so hard today ive done so well, i can enjoy myself once out of 3". In other words, i was tired of changing the pattern in my brain a 3rd time in one day and i felt it was easier to give in - the pleasure i was anticipating is still bigger in my brain than the pain and necessity for stopping...

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Re: The mouse being honest  
Posted by Dov - 18 Feb 2011 17:25

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Two successes when you reached out...so - for today - are you ready to reach out *every time*, yet?

Or not?

If we *are*, what does that say about you (for today)?

And if we are *not*, what does *that* say about us (for today)?

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Re: The mouse being honest  
Posted by ramatganinternational - 21 Feb 2011 15:16

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how u doing mouse?

thinking of you.

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