

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 Shteeble - 20 Sep 2011 23:47

Good to see you again

if you feel you are in need of the sa meetings,

put in the work toward figuring out a solution.

Don't let this fall by the wayside.

just mind the gap and kot

=====

====

Re: The mouse being honest

Posted by ur-a-jew - 09 Nov 2011 22:52

No traps, no glue or poison just plain wholesome cheese. Hope all is well! Remember today is neither yesterday nor tomorrow.

=====

====

Re: The mouse being honest

Posted by an honest mouse - 10 Nov 2011 13:49

Thanks for the cheese UAJ! It happens to be that I was planning to post today, you must have ruach hakodesh!

I don't have much time to post these days but i did want to share something with you guys. bH things seem to be a little different, I'm not sure exactly why but there are 3 things im doing differently which may have an effect.

1) Following from Dov's advice, at the end of shmoineh esrei, before oiseh shalom, i speak to Hashem in english about what's bothering me and i daven for help with it. It makes the relationship more real and practical.

2) My learning went up a gear bH, I'm learning more gemorah and holding in it. I think that makes me feel much more spiritually fulfilled apart from the fact that learning torah properly obviously does good things for our neshomas.

3) I'm working more efficiently at work, doings things quicker and gaining in confidence instead procrastinating (as much as i used to!) and pushing things off. That also helps me feel more fulfilled and when real life is fulfilling, there is less of a need to search out for the fake stuff.

In other news following from my pre - rosh hashonoh thinking about sa meetings, my wife

expressed concern about me going to a local meeting, that if someone from the community is there that it could negatively effect our family at some point in the future, if he spills it to someone by mistake. She didn't feel she could take that risk.

So, we went to speak to our rov about it. This is a rov who deals with all the problems in our community, he is very well clued in and deals with lots of people who have addicitons, he is very practical about things.

He said to us that my wife's concern is a genuine concern and of course if it is pikuach nefesh nothing stands in the way, but if it's not pikuach nefesh it's best to avoid it.

How does one assess whether or not it's pikuach nefesh, I don't believe it is but im nogeah bedavar, who can make that decision?

I certainly need to find the right system and support for my journey. I'm gonna make a few phone calls. For the time being, as far as the last couple of weeks are concerned, so far so good (bli ayin horah).

Thanks everyone for your support!

=====
=====

Re: The mouse being honest
Posted by Shteeble - 10 Nov 2011 15:29

If the cat has you by the tail, it's pikuach nefesh.

You may be the only one who could figure that one out.

=====
=====

Re: The mouse being honest

Posted by JackAbbey - 10 Nov 2011 15:30

why not try to find an SA meeting a liitle bit away from your community, maybe in the next town, or maybe even up to 45 minutes drive?

=====
=====

Re: The mouse being honest

Posted by Hashem Yaasfeni - 10 Nov 2011 16:52

Whats with all the cheese and wine.??

Now i have developed a Taavah for cheese have to get some, mouth watering. hard where i live to get Chalav Yisrael.

Axctually my father was shoichet (now retired) so we always had meat B"H but had a lust for cheese never could get enough !! we did not live in new york so not so easy...

Ah well, better cheese thanyou know.....

still fattening though

=====
=====

Re: The mouse being honest

Posted by Dov - 10 Nov 2011 17:15

Maybe that Rov is attending the same meeting himself and is afraid to be seen there by *you*! Trust me, stranger things have happened, and will continue to.

OK, that was tongue-in-cheek. Though I know at least one father who I was close SA friends with for a while, without telling him that his 25 year old son was coming to SA meetings, too. I am also recovery friends with two brothers who are going to SA meetings but do not know about each other's disease or recovery yet. Awkward is not really that bad. Eventually, all is set right.

But seriously, there are almost ten frum guys in the meeting I attend, and we all know each others families. As far as I know, there has not been anyone who has told about anyone else in the meeting to the outside. Could it happen? I guess so. But which guy will tell about another - how will they explain what *they* were doing at a pervert meeting themselves?

They say that "a conservative is a liberal who finally got mugged." **Of course** the feelings and the shame of my wife needs to be taken seriously by me. But why is this different than *other* piku'ach nefesh shaylos? Almost every posek is machmir with it, in the moment. We do not need to see the person almost die, get arrested or for them to have an affair, for the problem to be taken seriously - considered pikuach nefesh. I am not arguing with this Rov! I only suggest that you respectfully ask this posek if he has witnessed a family ripped apart by lust addiction yet. I have witnessed more than ten, so far, but I am am am ho'oretz. If he has not, then he might consider letting a Rov who has, be the one to listen to you and decide what is best. Then listen to him.

And like Shmeichel said: why not go to a meeting farther away from home for a while?

Recovery is worth paying a lot. And if it isn't to us, then that says a lot, too.

=====

Re: The mouse being honest

Posted by ZemirosShabbos - 10 Nov 2011 18:33

Hi AHM,

it's great to 'see' you. i hope you find the right course of action and then we'll both sing some zemiros

=====

Re: The mouse being honest

Posted by gibbor120 - 10 Nov 2011 18:34

. Keep

Re: The mouse being honest

Posted by ZemirosShabbos - 10 Nov 2011 18:37

~~Maybe singing zemiros is the right course of action.~~ At least it will make you feel better

smiling > ;D

Re: The mouse being honest

Posted by Shteeble - 10 Nov 2011 18:41

s.

Re: The mouse being honest

Posted by ZemirosShabbos - 10 Nov 2011 18:47

they're in the closet with the sign on the door that says 'employees only'
did you say 'maybe'? >

Re: The mouse being honest

Posted by an honest mouse - 14 Nov 2011 22:34

bH, I can report that for the 1st time in months, I am clean for 2 weeks. (It sounds pretty pathetic doesn't it...). Anyway the quality of my recovery these past 2 weeks has been really something

bH. Everything is better, my davening, my learning, my working, music, my time spent with my wife and kids my spare time, my bedroom time with my wife. My quality of life is much better. Life is more beautiful, meaningful and that is not something i want to give up.

A major part of it has certainly been as I have said davening personally in english and talking to Hashem when im feeling lost and also davening for women who have majorly triggerred me. all advised by dov - so, thanks!

=====

=====

Re: The mouse being honest
Posted by Shteeble - 15 Nov 2011 00:49

That sounds fantastic!

Continue shteiging.

You're doing great!

=====

=====