

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: I just fell

Posted by Dov - 06 May 2010 21:00

but it will come gradually as I work out whats messed up. A problem is that my wife told me, when she found out about my addicton, that she was very happy with how I was and wouldn't have changed anything. Im very giving when Im around her and my kids, its when Im by myself that I get selfish... Just to clarify though, I only plan on calling her if there is a little bit of lust and I just have to hear her voice and connect with her to remind myself that I already have all that I need. I wouldn't call to discuss the lust itself.

Understood and I share the same thing. Connecting with her to remind my heart that I have what I need in another person - in her - is all it takes sometimes and that's beautiful.

Re the fact that she was satisfied with you *before*: Who cares? It's not about other peoples' measure of you, but about your percetion of yourself that matters. In fact, the fact that she has such a positive view of you sounds like it may be a bit of a surprise to you! Perhaps you already see yourself unecessarily (or overly) negatively? That was a gift from her, right there.

Re "as I work out what's messed up": I am just here to say that working the steps (and also staying sober) **automatically** does a job on what's wrong with us, and there may be no need to pretend we need to fix anything. **G-d** will fix it. If I really fixed it, I wouldn't need G-d, at all.

That's just my attitude, that's all.

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Re: I just fell

Posted by commando612 - 07 May 2010 18:35

[dov wrote on 29 Apr 2010 15:17:](#)

But by "a multi-pronged approach" I do not mean a really long list of tricks. Please understand me here. If I am not living - or learning how to live - my life differently - for a different motivation and in a different way - then I am doomed to be the same guy and have the same troubles. Sure it takes time, but the tricks are just temporary measures, and if inside I really have not started to seriously give myself to Hashem, then what I will be left with after "resisting" 553 temptations, is essentially either a tremendous resentment to G-d for withholding ALL THAT PLEASURE from me. Tell me, why else do people fall after a month, two weeks, or whatever, over and over? What's really building up? Aren't they fighting with all their might AND asking Hashem to help them with the fight?

The problem is that they are fighting at all! Even WITH Hashem! It's like a guy in a rehab lock-down. Take away the drink for long enough and he goes crazy. Even if Hashem Himself helps keep the drink from him - it doesn't matter who's doing that. Without a real change, he will eventually have to drink again. He'll have to. So, fighting this is not the answer. But neither is giving into it - that we found out and it's why we are here, of course. (rest deleted)

This is one of the most thought-provoking jewel of a posting I've come across on GYE. You're causing me to rethink my whole "military approach" to these matters. Thank you Dov !

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Re: I just fell
Posted by an honest mouse - 12 May 2010 22:05

I've read a few people write here that we should share our victories as well as our falls and difficulties so here goes.

I'm a guy that really thrives with structure and really doesn't without and in the past, whenever my schedule suddenly changed and I was left without much to do, the lust would strike and I would almost always act out. Today, my schedule suddenly changed and I had about 45 minutes without a structure but the lust didn't really come and I think I know why.

I've decided to try out something recently, where if I have something I want to do like chilling out or a hobby-type activity which I enjoy and I also have something productive which I have to do, I try to make sure to do the productive thing first. I did that today and therefore when the free time came, I was in productive real-life mode so fake fantasy stuff wasn't attractive. In other words, when I'm productive I feel fulfilled and fulfillment from real life is much better than fake fantasised fulfillment! So if I start off the day that way, it sets the tone for real life as opposed to fake life.

thanks for listening! have a great day!

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Re: I just fell
Posted by Yosef Hatzadik - 12 May 2010 22:09

GREAT!!!!

...but what about procrastinators like me??

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Re: I just fell
Posted by an honest mouse - 12 May 2010 22:24

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Re: I just fell
Posted by silentbattle - 12 May 2010 23:30

That sounds great - maybe I'll try that!

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Re: I just fell
Posted by Yosef Hatzadik - 13 May 2010 16:52

oh Im the worlds biggest procrastinator !!! I'm just trying something new....

[an honest mouse wrote on 12 May 2010 22:24:](#)

You mean the worlds second-biggest procrastinator?

Am I not #1?

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Re: I just fell

Posted by Maccabee - 13 May 2010 17:19

lol with that type of gaivah you're sure to make headway with the YH. (in a good way)

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Re: I just fell

Posted by Yosef Hatzadik - 13 May 2010 17:21

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Re: I just fell

Posted by Maccabee - 13 May 2010 17:27

There is a vort from the kotzker that everyday his chasidim should walk around with two pieces of paper one in each pocket. One said "b'shvili nivra ha'olam" and the other said something along the lines of "les asar pnuy miney (there is no corner empty of Him" the kuntz the kotzker would say is to know when to pull out which paper.

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Re: I just fell

Posted by Yosef Hatzadik - 13 May 2010 17:32

If I would know when to use which, would I be on this forum? ???

I am a big Anav too! I just use them in all the *wrong* places!

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Re: I just fell

Posted by Chazak Amenu - 13 May 2010 18:06

[Yosef Hatzadik wrote on 13 May 2010 16:52:](#)

[an honest mouse wrote on 12 May 2010 22:24:](#)

You mean the worlds second-biggest procrastinator?

Am I not #1?

both of you ar wrong. sorry to be so frank about but i am the #1!

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oh Im the worlds biggest procrastinator !!! I'm just trying something new....

Re: I just fell

Posted by an honest mouse - 13 May 2010 22:16

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Re: I just fell

Posted by Chazak Amenu - 13 May 2010 22:18

fine lets make a compromise, i agree you are #1 overall but i am the #1 procrastinator! you can't even beat my reason for being the biggest one! just ask i will tell you!

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