

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 kutan - 22 Oct 2010 12:09

[an honest mouse wrote on 21 Oct 2010 22:36:](#)

wow that is incredibly humbling to hear (or read i suppose...) :-[

welcome 'mom' (its hard for me to type that coz over here we spell it m-u-m!), thanks for the inspiration! i also cant wait!

today i found myself doing a 'dov'. i saw a triggering sight in the distance, surrendered it right away and davened for her that she should be a good mother to her children and a good wife to her husband and she should be the best that she could be. it was a beautiful, liberated feeling.

then a little later, instead of staring at my neighbours house as i walked home, i looked up at the pinky, fluffy clouds and marvelled at the wonders of Hashem's creation...pure beauty...

BEAUTIFUL!!!

you did it (again!).

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Re: The mouse being honest

Posted by the.guard - 23 Oct 2010 20:29

[kutan shel hachabura wrote on 21 Oct 2010 15:24:](#)

[Kedusha wrote on 20 Oct 2010 21:43:](#)

Check out the [Taphsic Method](#) - it might be just what you need to get on track.

There is a modified Taphsic method mentioned in a chizuk email recently... where your neder is to do a series of positive things before acting out...

Yes, that was a brilliant idea... To make a neder to do a bunch of positive things before acting out, and if you don't - you'll have to do something even HARDER, like telling a Rav... See chizuk e-mail #865.

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Re: The mouse being honest

Posted by an honest mouse - 23 Oct 2010 23:11

thanks kutan & guard! ill check it out...

since everybodys wonderful chizuk to me, i spoke something out with my partner and i realise that i cant allow myself to start lusting even a little bit, coz im totally powerless. So ive been working on step 1 over and over and its really helped bH.

today, as i was walking to mincha, i noticed my neighbour walking with her family across the street, out of the corner of my eye. So, i looked straight ahead and repeated step 1 over and over and reminded myself that i cant even start looking. I felt a compulsion to look for about 10 seconds and it was really hard, but then, all of a sudden i just felt free, totally free, like the ropes had been snapped and the burden had been removed, i hadnt looked and i felt great! it was beautiful.

Then, at mincha, i got hagboh and i thought 1stly, wow, im doing this a clean man (on shabbos i im a man not a mouse) and 2ndly i felt like maybe it was a message from Hashem saying, 'well done my son, you're finally allowing me to raise you up (as in hagboh), thats all ive ever wanted from you...'

I was out of the house for 40 mins, butt i came home so much closer to my wife and it was 10 seconds that made the difference. 10 seconds of pain set up the rest of the day for serenity and fulfilment, 10 seconds of pleasure wouldve set up a resentful, grumpy unfulfilled rest of the day. what a difference 10 seconds can make!

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Re: The mouse being honest

Posted by Dov - 23 Oct 2010 23:38

SWEET!

(*someone* has to use all caps while Reb b is on vacation!)

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Re: The mouse being honest

Posted by Shteeble - 24 Oct 2010 02:20

(OK NO PROBLEMO)

KEEP ON TRUCKINNNN!!!!

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Re: The mouse being honest

Posted by silentbattle - 24 Oct 2010 05:07

It's good to remember that, and focus on it - being clean, that small sacrifice, *makes you happier*. Makes you **happy**.

Drill that into your mind, because the yetzer hora does his best to make us forget that.

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Re: The mouse being honest

Posted by 1daat - 24 Oct 2010 05:36

Hagboh the mouse, that should go on the "hug" thread ("hugboh"?). Thanks for "what a difference 10 seconds can make".

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Re: The mouse being honest
Posted by kutan - 24 Oct 2010 13:28

[1daat wrote on 24 Oct 2010 05:36:](#)

Hagboh the mouse, that should go on the "hug" thread ("hugboh"?). Thanks for "what a difference 10 seconds can make".

JOKES AND INSPIRATION ON ONE THREAD!!!

thanks 1daat and thanks Honest Man!

:D ;D

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Re: The mouse being honest
Posted by an honest mouse - 25 Oct 2010 11:02

thanks for everyone's help!

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Re: The mouse being honest

Posted by an honest mouse - 26 Oct 2010 13:27

, i let myself slip last night, i allowed myself to be alone with the computer (even though it has a filter) when i was alone and depressed, i should have switched it off and called a friend...

well i hope ive learnt a lesson for the future, also learned - once i allow myself to slip and start chasing lust, its *much* harder to surrender and move on.
im sorry, the chart didnt last long, i fell today

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Re: The mouse being honest

Posted by Kedusha - 26 Oct 2010 14:30

Dear HM,

If you're really interested in stopping, falling has to hurt more than not falling. Right now, that doesn't appear to be the case. What do you say?

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Re: The mouse being honest

Posted by an honest mouse - 26 Oct 2010 15:06

i say you're right...

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Re: The mouse being honest

Posted by ZemirosShabbos - 26 Oct 2010 15:11

an honest mouse, you are so **honest!**

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Re: The mouse being honest

Posted by Kedusha - 26 Oct 2010 15:13

If you really want to stop, I suggest that you penalize yourself this time, and then set up short term safeguards for the future, one week at a time. For example, make a neder that you will give \$200 to Tzedaka if you fall for the next week. That will at least encourage you to postpone falling until such time as the neder expires. Hopefully, when the neder expires, you'll choose to renew it (it's in your own best interest), but that will be up to you.

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