

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 kutan - 28 Oct 2010 19:53

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wow. Keep us posted.

and thanks for the compliment! I'd luv to take the credit, of course, but I am only the moon... reflecting Dov and 7UP and other the other sages here.

(Bards, you will chap the pun in this one...)

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Re: The mouse being honest

Posted by silentbattle - 28 Oct 2010 20:16

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Glad to hear that you've seen improvement. How do you feel about your growth?

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Re: The mouse being honest

Posted by 7yipol - 28 Oct 2010 20:19

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[kutan shel hachabura wrote on 28 Oct 2010 19:53:](#)

wow. Keep us posted.

and thanks for the compliment! I'd luv to take the credit, of course, but I am only the moon...  
reflecting Dov and 7UP and other the other sages here.

(Bards, you will chap the pun in this one...)

Thanks Kutan; but as for me, i am no more (and no less than the pi ha'ason. If I say anything  
wise, its HKBH speaking through this lowly messenger.

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Re: The mouse being honest

Posted by an honest mouse - 28 Oct 2010 22:02

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[7Up wrote on 28 Oct 2010 20:19:](#)

i am no more (and no *less* than the pi ha'ason.

wow, we've got a lot of animals on this thread, do you feel left out sb? i guess u could splinter with that picture of yours (u know from the turtles)....

anyways, bH, a similar day, when lust whispered, it shut up coz of my powerlessness and the kaboloh. sb - it feels great to have actually *lived* 2 weekdays in a row. (ive done it before of course, but not since succos...)

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Re: The mouse being honest

Posted by kutan - 29 Oct 2010 01:05

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HOORAY!

We are all doing a dance for you, HM!

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Re: The mouse being honest

Posted by Shteeble - 29 Oct 2010 02:37

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a shtarkeh gameplan in action!

shtarkeh trucking.

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Re: The mouse being honest

Posted by silentbattle - 29 Oct 2010 06:13

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Awesome! Focus on that good feeling. Remind yourself that *this* is what feeling good is all about, because when the yetzer hora shows up knocking, that's usually his sales pitch, isn't it? "Do this, because it will feel soooo good!"

The more you're aware on a deep level of how good being clean makes you feel, the easier it is to walk away from that seemingly enticing offer.

And shhh, don't tell anyway, but as one of my ninja powers, I can shape-shift into *any* animal I want!

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Re: The mouse being honest

Posted by an honest mouse - 29 Oct 2010 12:45

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thanks everyone for your chizuk and encouragement! i can **honestly** say that, your caring and friendship is a massive part of my growth.

a ha'orah: i've noticed that when i have a taking/lusting day, i have made *me* too big, it pumps the *me* up, so that when i get home, i have little room for my wife & kids. How can i give them

time - *i* had a rough day at work, *i'm* tired, *i* need to chill out and relax now.

when i have a giving/clean day the *me* is still small, there is plenty of room for other people, so when i get home and can see that my wife has been with the kids all afternoon and had a tough day and *she* needs a rest and my kids - *they* need my attention and its only a couple of hours till they go to sleep, i can manage till then!

The link between what i do during the day and how i can be there for family when i get home is becoming **so** clear!

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Re: The mouse being honest  
Posted by silentbattle - 29 Oct 2010 12:56

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Wow - that's incredible! I need to focus on seeing that more!

Have a great shabbos!

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Re: The mouse being honest  
Posted by an honest mouse - 29 Oct 2010 12:59

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thanks - you too!

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Re: The mouse being honest  
Posted by ZemirosShabbos - 29 Oct 2010 14:43

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that is a great insight reb achbar hane'eman, thanks for sharing

i've been sitting in the bleachers and watching you and i should have brought my shtender

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Re: The mouse being honest  
cause i have been learning and learning from you  
Posted by Yumfriend - 29 Oct 2010 14:38

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May we all have great hatzlacha on our quest to become human again!

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Re: The mouse being honest  
Posted by an honest mouse - 31 Oct 2010 22:58

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i will admit that im a little tempted not to renew my kaboloh tomorrow (its runs out tonight) - but, i know it would be way counterproductive in the long run and i dont wanna lose my freedom, so, with Hashem's help, i will renew it tomorrow before i get to work for another week.

on shabbos i had some kiddushim to go to, lots of women around dressed up for shabbos - my poison - but bH managed to surrender, relate my powerlessness and move on. It affected me the least so far bH so very happy about that.

today there was a hachnosas sefer torah that went past my house, tempted to go and join but same problem as above (women in shabbos finery) even my 'good side' wanted to go, its a mitsva! - nope - let me look like a sheigetz, im doing the right thing in Hashem's eyes and thats what counts, i cant take a chance coz im powerless and it makes my life *unmanageable*

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Re: The mouse being honest

Posted by Dov - 01 Nov 2010 00:17

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Mazel Tov. Now you are getting somewhere. But is your surrendering done all by your lonesome, or do you have a few choices of folks you can call to quickly do the surrender with and then move on? It is important for us to surrender together with other people - and my favorite reason for that, is quite cool:

Even if surrendering inside is all there really is - the only place surrender is ever made is inside my heart, where my motivations are and my actions are decided. What we say is not often worth very much. So you'd think that surrendering in my heart=success, period. Technically, that's true. Still, there is a huge poison inherent in surrendering exclusively privately and I bet it has ruined many good-hearted frummeh yidden like us, addicts or not: (how many colons am I allowed? ;D)

When I surrender privately **exclusively**, and *am* granted relief by Hashem, I will be grateful.

When I do it again a few more times, though, I will be machazik myself as a good Jew. And what's so bad about that? Nothing really, but....

After a few more times, I *will* believe that I am 'really something'.....I see it all the time, and saw it in myself, as well. And unfortunately, in the sick realm of his or her addiction all the 'positive self-esteem' stuff of Rav Twerski and 'definitions of *true* humility vs *gayva*' avail an addict zero, really. Thinking we are 'really something' means one thing: ego: **Edging G-d Out**. Period. A *normal* person can afford that, but many addicts agree that *they cannot*. We need to remember exactly who we are and what we are prone to. The first step is not done once - it is an awareness that saves us again and again from death.

When we surrender in our hearts **and share** that surrender with another (safe) person, it is . After all, my thoughts (*if I am really being honest and open about them*) are occasionally quite immature, perverted, and goofy. And my recovery buddy knows all about it! He surely doesn't look down on me for my thoughts, cuz he understands his *own* addiction and how even men and women of great quality - even great rabbonim, good fathers, and courageous people - are quite pathetic in addiction. I know a lot of great talmidei chachomin, lawyers, and doctors - all addicts like me - whose brains can come up with the silliest and most dangerous ideas when a woman with the right 'accouterments' talks nicely to them, or when they are alone at the office with an unfiltered computer (or book)...or

whatever. Willpower will not protect them forever - hence, they are guaranteed to fail - they are powerless and admit it freely.

But it's nothing to be *ashamed* of, really. It's just the **truth** about us! Hey - my body will eventually die, slowly rot, and smell horrible - people will run from it. *Not* a pleasant thing to think about, so we don't. And that's normal. But with addiction, if we choose to allow our shame to guide us we'll *never* share it and *surely* self-destruct. We make philosophical and religious excuses for keeping it private - it's all really just shame of our own 'stink'.

Addicts in recovery know better.

So we share it with another person rather than just privately give up our 'right' to it and ask Hashem to save us from the pain/regret. We tell them all about it. There is no shame left when it comes down to saving my life, thank-you. We all know what happens to the guy who has a heart attack R"l in the bathroom and is too shamed to call for help because he hasn't wiped himself yet...(sorry)

It helps keep me *right-sized* in my own mind and heart when I know that other people are fully aware of the depth of craziness that my addict mind is capable of. And right-sizedness is perhaps the greatest 'sobriety insurance' in the world.

Humility in action, not just in words. Talk *is* certainly cheap. But *talking out* our insides to another is precious, precious, *precious*!

Lets come out - and *stay* out - of the shadows.

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