

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 silentbattle - 01 Nov 2010 05:04

Maskim. Wow.

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Re: The mouse being honest

Posted by Yosef Hatzadik - 01 Nov 2010 15:48

[an honest mouse wrote on 20 Oct 2010 21:35:](#)

...but its expensive to call from my mobile...

I used to think the same way... until I realized that it is **too** expensive not to call!

(After going 'over in my minutes' on my cellphone for two consecutive months I bought a new cellphone dedicated to GYE calls. [A prepaid, unlimited one from H2O Wireless; \$40/month for unlimited talk & text])

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Re: The mouse being honest

Posted by Yosef Hatzadik - 01 Nov 2010 15:58

[Kedusha wrote on 27 Oct 2010 16:41:](#)

They are indeed opportunities - to reach the Madreigah of Yosef Hatzaddik.

Uh huh! Exactly!! ;D

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Re: The mouse being honest
There goes my overdrive EGO again!
Posted by an honest mouse - 01 Nov 2010 23:08

beautiful post dov thanks! i mostly surrender on my lonesome but call my partner a couple times a day to get stuff out. (i need more guys to call - anyone wanna move to london, or get an) today, i made sure to follow the rebbe (thats you dov) and i called my partner to speak out my escapism.

i had an escapy day, i spent too long on GYE and emails instead of working. I was escaping from

- 1) unfullfilling, boring work.
- 2) having an uncomfortable mitsva to do tonight.

at least i know im escaping, thats the first step i 'spose (not as in the 12 steps). I had to use the 1st thing on my list to stop the escaping going further. Thanks for that Kedusha and kutan and guard!

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english no. or fly me over to new york?

Re: The mouse being honest
Posted by frumfiend - 01 Nov 2010 23:32

I like that new concept. Escapy . This idea will help me alot.

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Re: The mouse being honest

Posted by an honest mouse - 02 Nov 2010 15:59

i had another escapy morning. I find the work im doing right now very tedious and overwhelming (for a guy like me who overwhelms easily). I slipped a couple of times by clicking on a picture that suddenly came up and then spending a few minutes there. Nothing too hardcore, but not for a ben torah or recovering lusty...

anyhoo, the point is, on my lunch break i decided that im just escaping from work, so i determined to do 1 hours pure work, without escaping, no GYE, no mostlymusic, nothing else and it worked gevaldig, I was able to do an hour and twenty mins and it is much more satisfying and dont feel the need to escape so strongly!

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Re: The mouse being honest

Posted by silentbattle - 02 Nov 2010 21:22

Awesome!

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Re: The mouse being honest

Posted by an honest mouse - 02 Nov 2010 22:46

walking home from work i came behind a frum woman who was dressed in way which *really* triggers me, i will admit that while walking fast to overtake her, i 'drank in' the sight and lusted away. It lasted about 20 seconds, but while the opportunity was still there to chap more looks i followed rabbeinu dov's advice. I called my partner to admit my powerlessness and how lust makes my life unmanageable,(i made sure she didnt hear me) i had to unload it really, not just to myself. bH it really helped me move past it.

when i got home, i was able to send my wife for a rest and really enjoy playing with my kids - real pleasure, not fake pleasure. If someone had told me that i would be able to enjoy real life so soon after lusting without acting out on it 1st, i would never have believed them! In the past, once ive opened up the can of shmutz, i couldnt move past it till i acted out 1st. bH i think this is the 1st major time i *really* moved past it, thanks to Hashem, GYE and my partner. I realise this is

only for today, it doesnt mean anything for the future, i wasnt koineh any madreigoh, it was just beautiful to be able to experience and i want more!

then i had an a&w, later this evening, i stam called my partner and just then, at the exxact same time that he answered, a frum woman dressed almost the same way walked by and i was already on the phone with my partner so i could ignore her! amazing!

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Re: The mouse being honest
Posted by Dov - 02 Nov 2010 23:12

Alei v'hatzlach! ...maybe we should rather say "reid v'hatzlach"....? (nah, too negative. We'll stick with "alei", but remember that it is only the *sh'folim* who Hashem is magbiah!)

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Re: The mouse being honest
Posted by kutan - 03 Nov 2010 00:32

WOW !

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Re: The mouse being honest
Posted by ZemirosShabbos - 03 Nov 2010 14:52

mahhveluss!

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Re: The mouse being honest
Posted by bardichev - 03 Nov 2010 15:15

KOT

OR KOL

(UR IN LONDIN??)

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Re: The mouse being honest

Posted by Yosef Hatzadik - 03 Nov 2010 16:09

Im Hashem lo yishmor ihr shav shakeid shomer.

Hashem is Guarding the City of London.

The City of London is standing in the merit of **An Honest Mouse!**

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Re: The mouse being honest

Posted by bardichev - 03 Nov 2010 16:15

SO HE IS FROM LONDON??

GOLDERS HILL OR STAMFOR GREEN??

AHM!! I WANT TO SEE YOU IN THE PUB

KEEP ON LORRIENG!!

B

(BARKEEP)

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