

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 ZemirosShabbos - 01 Dec 2010 22:23

beautiful! you brought more light into the world and you doubled it by sharing it!

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Re: The mouse being honest

Posted by an honest mouse - 02 Dec 2010 14:43

[silentbattle wrote on 01 Dec 2010 06:14:](#)

That's great!

What could you do next time to make it even better?

sb, i forgot to answer you - that's a good point, it's no good resting on my laurels, I have to learn from the actual fall as well as being thankful for the victory. I was triggered when i went into my history to delete the stuff i had seen - i should've realised i was hyper-sensitive to that (as i had lusted with it already) and called my partner to do it while on the phone with him. Thanks for pointing that out!

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Re: The mouse being honest
Posted by silentbattle - 02 Dec 2010 15:55

That's what it's all about - every temptation we face, whether we win or lose, is always an opportunity for us to examine ourselves and our reactions, to learn more about our motivations, and what we need to do to grow.

I need to remember that more, too.

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Re: The mouse being honest
Posted by an honest mouse - 06 Dec 2010 15:05

I had a few falls last week. They were caused by the following.

I have been going to a 1.30 mincha which is nearly 15 mins walk away. Last week it was so cold and snowy (in the UK) that I thought I will go to the 1pm mincha right across the road. if i go there, i have about 40mins lunchbreak at my desk and i innocently thought (idiot) that i will

watch something on youtube for half an hr while i eat. youtube is full of triggers that lead to the sheol tachtis and it is far too dangerous for someone like me to do that.

So this week, I'm gonna walk through the -3c to the 1.30 so i wont have free time at my desk and instead will learn in the shul for the leftover time.

I must also train myself to call for help as early as possible when a lust urge strikes.

I have let my taphsic method slide in the last couple of weeks, i got lazy and didnt renew it (as the handbook warns) and I have not been using "step in to action" to work the steps as i said i would...

just a floundering mouse being honest...

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Re: The mouse being honest
Posted by Yosef Hatzadik - 06 Dec 2010 16:05

Do mice eat Flounder Fish? :-\

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Re: The mouse being honest
Posted by ur-a-jew - 06 Dec 2010 16:16

You can set K-9 to block youtube completely. True there are times that it blocks relatively innocent videos. Its a small price to pay for sobriety. Moreover the related videos link will inevitably link to a problematic video its just a matter of time. Its just too dangerous. Hatzlacha

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Re: The mouse being honest
Posted by briut - 08 Dec 2010 01:43

I put K9 on the home computer that both the kids and a home-office-business-employee use. It's gotten so annoying that I might need to uninstall it. (I was hoping that the "store a history only; don't shut down the machine" settings might fix the problem, but I think it's more serious.)

I only say this so you won't take K9 as the salvation for everything and that imposes no hardship at all.

And, of course, I post all this just to say, hi.

Hi.

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Re: The mouse being honest
Posted by silentbattle - 08 Dec 2010 06:38

Sounds like you have good plans - please put them into action, and keep us posted - even if you don't have to use them, let us know how you set them up, and how it felt!

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Re: The mouse being honest
Posted by an honest mouse - 08 Dec 2010 14:00

Thanks for your replies guys.

ur-a-jew - I have k-9 all streaming things at home - I cant watch any video without my wife's permission - the problem is - I'm at a temporary job and i havent really had my own computer that i can put a filter on, it lasts for 2 more weeks and then im out be'H. I know that it's a very bedieved situation.

Briut - thanks for stopping by!

sb - i have been reaching out earlier on the past few days & have been doing the longer mincha but have still not forced myself to renew my taphsic or work 'step into action'...

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Re: The mouse being honest
Posted by an honest mouse - 08 Dec 2010 14:30

I've been feeling a little weak today. I had a triggering dream last night (btw, this morning i got hagboh and the father of the girl in my dream got geliloh - no coincidence!! I think it was a reminder that she is someone's daughter and a human being not a lust object - at least that's how i took it) and saw a few triggers and had a few opportunities to lust which i whiteknuckled through (including the opportunity to stare at my neighbour which i passed up bH).

Then at work i messed something up and got set-back about half an hour, felt the urge to escape into 'the other world', so i left my desk and sent a text to my partner - it's only half an hr - take a deap breath and keep going - if i start surfing i'll waste a lot more! thats not the solution! bH i pulled through and im still lorrying through.

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Re: The mouse being honest
Posted by ZemirosShabbos - 08 Dec 2010 15:31

AHM, sounds like you are aware of your emotional state and are reaching out when needed.

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Re: The mouse being honest
Posted by desperate_teddybear - 08 Dec 2010 16:21

does 'reaching out' really work?

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Re: The mouse being honest
Posted by an honest mouse - 08 Dec 2010 16:31

it does if i want it to, meaning if i let go of the lust while speaking to the person ive reached out to, if i can offload it and get my perspective back to my *real* life, then it works. If i still cling to it even though ive shared it - it most probably wont work.

Does that answer your question teddy?

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Re: The mouse being honest
Posted by desperate_teddybear - 08 Dec 2010 18:02

in other words - attitude. problem is if i really want to act out, i'll text somebody but i know that this is my excuse. i 'acted out' cuz i reached out and it 'didn't help' so i don't feel so bad about acting out.

ATTITUDE

got to change my attitude.

i hear.

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