

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 ZemirosShabbos - 03 Feb 2011 17:49

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[ur-a-jew wrote on 03 Feb 2011 15:17:](#)

AHM you're doing great, keep it up.

yup! agreed 100%

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Re: The mouse being honest

Posted by ZemirosShabbos - 08 Feb 2011 20:19

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hi!

just checking in

hope you are good

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Re: The mouse being honest

Posted by an honest mouse - 10 Feb 2011 14:03

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Hi ZS

to be honest (as my name indicates), im not doing that great - being busy all day at work, i dont find im able to give recovery proper attention and when something gets stressful, the old habit takes hold. I had the room to myself Friday, monday & yesterday and i used each opportunity to act out.

I have to make sure i can fit reaching out and speaking to my partner into my new, busier schedule.

I guess im just worried about being seen to go outside to make phonecalls all the time - which is stupid coz why aren't i worried about being caught acting out?!? ???

bH tuesday and today so far i have been living with recovery and been more calm and serene (but i was never alone with the comp) - i see that if i know im gonna be in the room alone, i should tell my partner 1st and set up with him how im gonna reach out and how he should check on me etc...

the 1st acting out 10 days ago has just set off a new pattern - the 1st slip has such lasting

consequences! - that's an important lesson to learn!

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Re: The mouse being honest

Posted by bardichev - 10 Feb 2011 14:16

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Dr bards here

Go out doors

Repeat LOUDLY:

FELL. SHMELL

Take the next truck!

Feel better

Dr Bards Pea aitch deee

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Re: The mouse being honest

Posted by ZemirosShabbos - 10 Feb 2011 15:42

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honesty is a good and important part of recovery on its own

listen to Doc Bards

today is the first day of the rest of our lives, let's make it a good one

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Re: The mouse being honest  
Posted by Dov - 10 Feb 2011 18:07

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I'm crazy about him, personally.....but - of course, I was always crazy, anyhow....

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Re: The mouse being honest  
Posted by ZemirosShabbos - 10 Feb 2011 18:18

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[dov wrote on 10 Feb 2011 18:07:](#)

.....but - of course, I was always crazy, anyhow....

i wouldn't poke fun at the Rebbe's Rebbe but it's Adar...

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Re: The mouse being honest  
Posted by bardichev - 10 Feb 2011 20:23

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ZEMMY IM CRAZIER IN REAL LIFE

ON THE FORUM I GOTTA BEHAVE

SHIDDUCHUM HIGH SCHOOL CHAVROOSAH TUMUL ETC

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Re: The mouse being honest

Posted by Dov - 10 Feb 2011 23:58

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[bardichev wrote on 10 Feb 2011 20:23:](#)

ZEMMY IM CRAZIER IN REAL LIFE

ON THE FORUM I GOTTA BEHAVE

SHIDDUCHUM HIGH SCHOOL CHAVROOSAH TUMUL ETC

And let us all say,

Oy vei.

Thanks you.

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Re: The mouse being honest

Posted by silentbattle - 11 Feb 2011 07:10

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Hey, just dropping in to say hello. Remember, every second of being clean is an accomplishment that worthwhile all by itself. So be clean right now, for its own sake!

One day at a time, one hour at a time.

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Re: The mouse being honest

Posted by an honest mouse - 11 Feb 2011 12:48

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hi guys! today i put into paractice the lesson which i learnt yesterday, i knew i would be in the room alone with the computer at work - so on the way in, i called my partner to share with him that there was an opportunity ahead but i didnt want to take it because i want to remain sober!!

just knowing that he knows is keeping me and check and i know that if i feel temptation, he is only a call or a text away and bH i feel calm & serene - im ready for shabbos!

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Re: The mouse being honest

Posted by Dov - 11 Feb 2011 13:17

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Sober

Happy

And

Better

Being

Old

Shampoo...OK, maybe I dropped the ball on the last two words.

Happy Adar!

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Re: The mouse being honest

Posted by ZemirosShabbos - 11 Feb 2011 17:52

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great to hear you are doing good AHM,

we need partners friends and other people to share our struggle with

enjoy your shabbos

Dov, one day you should explain to us how being old shampoo measures up against being new shampoo...

and frankly, old shampoo, when there is barely any left in the bottle, is very hard to use, it just doesn't want to come out of the bottle.

the only redeeming thing i could find was that when there is very little left in the bottle there is a bigger chance than it will get left in the shower at the mikva and will be there for when you are absolutely desperate for some and forgot to bring any...

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Re: The mouse being honest

Posted by Dov - 11 Feb 2011 19:54

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That reminds me....I am pretty sure I left my shampoo in the mikvah.

Darn those yekkis! They throw it all away after a month if you don't reclaim it!! Ahhhh!!!!!!

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