

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 - 22 Feb 2011 21:06

Sounds like a good plan for everyone!

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Re: The mouse being honest

Posted by an honest mouse - 22 Feb 2011 23:17

Thanks sb! great to see ya (kind of...) how u keeping?

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Re: The mouse being honest

Posted by an honest mouse - 23 Feb 2011 13:18

Today im feeling great, like there is a sheild surrounding me - stopping me from getting sucked in to the shmutz way of thinking, looking and living.

But thanks to that hard teacher called experience, i now know that this is totally a matonoh from Hashem, a temporary reprieve, a taste of *real* life. I do not believe that this is my new reality.

And just as it's all Hashem now, so too it is always - my avoidah now is to prepare myself for when i dont feel His protection - for when im feeling all alone - its totally counterproductive to put my feet up now and get complacent.

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Re: The mouse being honest

Posted by ZemirosShabbos - 23 Feb 2011 16:51

kutgw!

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Re: The mouse being honest

Posted by Yosef Hatzadik - 23 Feb 2011 16:56

[an honest mouse wrote on 23 Feb 2011 13:18:](#)

my avoidah now is to prepare myself for when i dont feel His protection - for when im feeling all alone - its totally counterproductive to put my feet up now and get complacent.

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Re: The mouse being honest
& if you ever forget, refer back to [Reply #559](#) in this thread.
Posted by Silentbatt1e - 24 Feb 2011 20:01

Sounds like you're using what hashem has given you. Always a good idea!

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Re: The mouse being honest
Posted by an honest mouse - 25 Feb 2011 13:41

thanks guys!

Today, while i was in the post office i absent mindedly started scanning the magazine section and i was triggered and i lingered for a few seconds the urge building, feeling the need to pick one up and start flicking through.

So I called a timeout (even though im english i figure i can still do that) and i let go of all the buildup and i took a deep breath and thought about Hashem and shabbos and then i went back on the court (ie carried on with my life) and the episode passed.

It happened again in the office a little later when my boss kept asking me to make a few more changes to something again and again and again etc... i started feeling the need to escape and medicate - so i called another timeout, remembered Hashem is with me so ill be ok and then carried on.

It's a really helpful technique - timeout, let go and get back on the court!

Have a great shabbos everyone!!

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Re: The mouse being honest

Posted by Dov - 25 Feb 2011 15:08

For me, closing my eyes for a few seconds helps 'reset' things, too. Thanks for that, mouse!

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Re: The mouse being honest

Posted by ZemirosShabbos - 25 Feb 2011 17:34

thanks for that AHM, great stuff you are bringing to the table here!

have a great shabbos

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Re: The mouse being honest

Posted by an honest mouse - 04 Mar 2011 13:57

been really busy this week guys, sorry for not posting for ages! 2 quick things.

1) on wed - i had huge temptation 4 times and i fell twice but reached out and moved past it the other 2 times. I believe that is still an achievement because we want progress not perfection - although im not sure if im being too soft with myself but i think i have to be positive otherwise it will just drag me down...

2) if i dont make it to the mikva on a friday i have been feeling vulnerable and open to attack - ive realised that i have been relying on the mikva to 'reset' me every week to go into shabbos nice and holy. It's not the mikva that resets me, its Hashem, so even if i dont make it to the mikva,i still have Hashem coz, like the uncle moishy song (Hashem is trully everywhere....) so i can still ask Hashem to give me the serenity to take the most out of shabbos that i can - even

without the mikva.

Have a great shabbos!

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Re: The mouse being honest

Posted by ZemirosShabbos - 04 Mar 2011 16:56

i once heard a chasidisher vort: the posuk says 'mikva yisrael hashem'. these three things can be used as a mikva, if you don't have the actual mikva available. a real mikva, yidden, and Hashem Himself.

good to hear from you AHM, have a great Shabbos!

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Re: The mouse being honest

Posted by an honest mouse - 07 Mar 2011 13:48

Nice vort vort zs! as always!

I had my 1st clean weekend for over a month bH, i think it was mostly coz Hashem gave me a different schedule, but its easier to go to work on monday morning with a bit of sobriety under one's belt.

I also was able to move past a couple "sorry, not tonight dear"s from my wife after we had planned to. coz s*x is optional - i can survive without it and if Hashem made cirumstances that way, it's obviously the best thing for me.

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Re: The mouse being honest

Posted by DovInIsrael - 07 Mar 2011 14:10

hey mouse.

keep up the good work!

dov.ii

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Re: The mouse being honest

Posted by ZemirosShabbos - 07 Mar 2011 15:25

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great to hear, Mighty Mouse!