

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 ur-a-jew - 11 Apr 2011 22:07

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[an honest mouse wrote on 10 Apr 2011 22:02:](#)

im having one of those days where i cant see the good in my life

Big Yellow shoes to protect my feet - check

Two front buttons to make sure my pants don't fall down - check

Big mouse ears to hear approaching cats - check

Big mouse smile that Minnie goes crazy for - check

White gloves to protect my hands - check

AHM the pre-Yom Tov stress, know it well. Think small like a 15 minute break from the action just to catch up with your wife and connect.

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Re: The mouse being honest

Posted by an honest mouse - 12 Apr 2011 16:25

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Thanks UAJ, that made me smile :D !

Interestingly enough, i did feel a lot better yesterday. Sundays are really becoming a thing, i need to come up with a plan for sundays...

I just did something for the 1st time today. I slipped and i tried to get hold of my partner to speak it out so i could let go and not fall. He wasnt available, so i stepped into a secluded corner and spoke it out with Hashem, exactly as i had planned to do with my partner and i felt the burden lift and i was able to let go.

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Re: The mouse being honest

Posted by Dov - 12 Apr 2011 17:07

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**Dazz** whad amm talkin' about! Yow!!

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Re: The mouse being honest

Posted by an honest mouse - 13 Apr 2011 16:28

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my 1st boss once quoted his 1st boss - "we are where we are". sometimes things didnt go the way you planned them or they were mucked up by someone else, but we can draw a line under it and do our best from where we are.

Im using that advice right now, i wasted half the afternoon not working but playing cat and mouse with my lust. Im behind where i wanted to be and i toyed with lust so now im more vulnerable to triggers. this advice tells me, nu nu let go of it and move forward doing my best from hereon.

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Re: The mouse being honest  
Posted by ZemirosShabbos - 13 Apr 2011 16:31

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sounds like 1st-boss anon is onto something...

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Re: The mouse being honest  
Posted by an honest mouse - 27 Apr 2011 14:10

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Hi all, back after the pesach break. Missed you guys!

I find the aftermath of pesach very difficult, the sudden absence of yom tov ruchniyus, being away from the family and in front of a computer all day long and the begining of the summer. Im feeling very antsy, a bit itching for a good lusting session and my partner is away for the weekend already....

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Re: The mouse being honest  
Posted by Dov - 27 Apr 2011 15:09

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Go scratch yourself in a beis midrash.

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Re: The mouse being honest  
Posted by silentbattle - 27 Apr 2011 15:49

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First of all, hi!

Was going to post this on your thread, but you get the honor of it being on yours, instead:

I think that part of the message of pesach is to remind us that freedom is a good thing, that it's worth something.

That we want it.

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Re: The mouse being honest  
Posted by an honest mouse - 27 Apr 2011 16:15

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[dov wrote on 27 Apr 2011 15:09:](#)

Go scratch yourself in a beis midrash.

I'm in the office... :( - bH just today and tomorrow though, in the UK there is long

thanks sb, i feel honoured, but you should still post it on your thread - that way more people will read it! your idea is so true - but how do we keep the free attitude and take it to work with us...? its all in the perspective i suppose.

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weekend holiday friday through monday! for more time with the family and real life

Re: The mouse being honest

Posted by an honest mouse - 06 May 2011 11:27

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Hi all. Im on a bit of a free fall since pesach is over. Going back to work brings up so much RID. The end of the holidays, missing the family, resenting not being in kollel, working all day - plus the pritzus around the office and being in front of a computer all day. I think the yom tov elevation also makes more sensitive to schmutz and not being in the routine of sobriety in the office, i get out of practice.

I know i need a long-term plan for future yomim tovim, but i cant worry about that now, i need to get back into recovery *now*. What's been worrying me, isn't that ive wasted my days on lust, but rather that i have had a few great days, only to spoil it by 5 mins of acting out at the end of the day, where it was so unnecessary, so out of the blue. In other words, even on a good day, 5 mins of acting out is happening - and it shouldn't be.

bH, this morning i had a very good letting go session where i accepted that this week wasnt the way i wanted it and that i messed up and i let it go, letting the burden of it slip off my shoulders and asked Hashem to give me the sense to use the tools of recovery at the right time.

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Re: The mouse being honest

Posted by Dov - 06 May 2011 12:16

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I sympathise, indeed!

You *do* have other people in recovery around you to do this *with* (besides this virtual thingy-bob).....don't you?

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Re: The mouse being honest

Posted by heuni memass - 06 May 2011 16:42

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AHM- i am HM - come back and join us. we will do it together my friend. Dont worry about what happened. You hade a nice Yom Tov now lets keep on steigen..

Keep on posting - and remember its one day at a time with g-d help.

--HM

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Re: The mouse being honest

Posted by an honest mouse - 09 May 2011 12:32

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I had a difficult start to the day today. Just to recap, ive been in a rolling temporary position at work that im hoping will turn into the training i need to qualify in my profession. My boss basically told me that its going to be very hard to get the training from this firm because im not efficient enough and i dont show them that im hungry for success. Im too laid back. Someone on work experience for a few weeks looks a lot better than me and that shows me up.

Im hurt and scared for the future. I feel abandoned and alone, i want to escape into a fantasy world where everything is pleasure. I know that this is not an option and it is not the answer but

now im left not knowing how to deal with my fears and resentments. I suppose this is a victory for recovery because i chose to call my partner instead of open the internet but that isnt very comforting right now.

im worried where my parnosoh will come from, when will i be able to finish my qualification?

i doubt i can really cry to my wife or parents, they are waiting for me to get a serious parnosoh and be a proper bread winner already.

but i need to cry to someone - Hashem is a pretty good option, ill try that.

addicts think that it will always be like today. I just have to keepb trying my hardest, take on board the constructive criticism and keep going.

Maybe im having too much self-pity, maybe my pride is hurting too much...

Maybe this was just a friendly reminder from the One Above that I must always rely on Him and not get complacent, He is looking after me even right now, especially right now.

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Re: The mouse being honest

Posted by an honest mouse - 10 May 2011 12:40

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well i didnt manage to hold out, i acted out instead of going to night seder and didnt gain anything, of course. Instead i just let down my wife and chavrusa as well as myself...

Ive come to a realisation. when lust strikes and ive lost my bechira, at that point i need to submit myself to a power stronger than myself, because i cant carry on my life as i am. I have 2 choices, i can either submit myself to lust and be carried away on a crazy and destructive journey, or i can submit myself to Hashem and a fellow recoverer. I need to let go and stop what

im doing at that point and my last choice is who to surrender to, l'Hashem or l'azozel. which one loves me and wants the best for me? no brainer huh...

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