

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 an honest mouse - 29 Jun 2011 15:39

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Re: The mouse being honest

Posted by Echos of The Rebbe - 29 Jun 2011 21:38

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FORGET LONG RIDES

YOU NEED A RIDE TDAY

TOMOROW YOU HAVE ANOTHER TODAY

ONE DAY ONE DAY ONDAY

JUST TRUCK

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Re: The mouse being honest

Posted by an honest mouse - 30 Jun 2011 22:33

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[an honest mouse wrote on 24 Jun 2011 13:25:](#)

ok, I've started writing the inventory...

ok, I've finished writing the inventory...

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Re: The mouse being honest

Posted by Shteeble - 01 Jul 2011 01:49

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Great, how does it go?

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Re: The mouse being honest

Posted by Dov - 01 Jul 2011 03:11

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and now what do you want to do with it? just curious, so I am asking you.

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Re: The mouse being honest

Posted by an honest mouse - 01 Jul 2011 13:02

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read it to my wife and ask her opinion...

Just kidding! I'm gonna call some safe recovery friends and spill my guts.

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Re: The mouse being honest

Posted by Shteeble - 01 Jul 2011 15:10

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Re: The mouse being honest

Posted by an honest mouse - 04 Jul 2011 13:23

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[an honest mouse wrote on 30 Jun 2011 22:33:](#)

[an honest mouse wrote on 24 Jun 2011 13:25:](#)

ok, I've started writing the inventory...

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[an honest mouse wrote on 01 Jul 2011 13:02:](#)

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Just kidding! I'm gonna call some safe recovery friends and spill my guts.

ok I spilled my guts. I felt absolutely incredible for a little while, unburdened, free, connected with likeminded people, but now life went back to normal...

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Re: The mouse being honest  
Posted by Shteeble - 04 Jul 2011 15:32

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yich.

in the u.s. we say

spill the beans

get it off my chest

but mouse guts?

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Re: The mouse being honest  
Posted by Dov - 04 Jul 2011 20:06

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Well, patience, our sweetest little rodent. Patience.

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Re: The mouse being honest  
Posted by an honest mouse - 05 Jul 2011 14:05

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I keep finding myself in a vicious circle and I try and let go of it but I'm having trouble:

1) My job is ending is less than a month and I don't have anything else lined up, I'm seeing if some people can take me on and I will find out in the next couple of days and it I'm tense and nervous...

2) (subcontiously) I'm tense and nervous = I'm more sensitive to acting out, I feel the urge all the time, i just want to escape it all...

3) but that is what got me into this mess in the 1st place, i dont concentrate on my work and i escape... i cant do that anymore...

4) but I cant stop, how will I ever hold down a job and get some steady parnosoh...

5) need to act out...

6) cant...

7) aaaggggghh!!!!

Just sharing what's in my head....

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Re: The mouse being honest

Posted by Maccabee - 05 Jul 2011 14:16

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Thanks for sharing. I hear where you're coming from. Remember its actions, not thoughts, that count.

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Re: The mouse being honest

Posted by ZemirosShabbos - 05 Jul 2011 14:36

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hi AHM,

i feel for you.

Maccabee said a great thing. actions are what count now, do something good, take good steps.  
our mind is sometimes our enemy.

wishing you the best.

zs

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Re: The mouse being honest

Posted by Yosef Hatzadik - 05 Jul 2011 14:55

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I assume you have already tried setting for yourself frequent mini-breaks. (i.e. every 10-15 minutes)...

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