

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!

=====

Re: The mouse being honest

Posted by an honest mouse - 18 Jul 2011 15:05

I hear what you're saying dov (chas veshalom - I dont see it as a bashing!on the contrary, a loving explanation!). But there's one thing i dont understand, as i understand recovery and the steps, the whole point of it all is to learn how to live real life in a healthier way from the way we have been until now.

If I have been procrastinating and wasting time at work and prefer to chill out most of the time and do stuff that make me feel good (and im talking about neutral stuff, like general knowledge, listening to music or even being on gye!) instead of working, shouldn't I be working out a way to stop living like that one step at a time??

It happens to be that it has a direct bearing on my parnosoh progression prospects and i feel a

pressure around me to earn a decent living which stresses me out, but i do try and let go of all the burdens that are a consequence of my lackings and concentrate on my actions in the present, by it's not easy.

Anyway, can you please address the 2nd paragraph, i think it's quite a fundamental insight into recovery, thanks!

=====

Re: The mouse being honest
Posted by Dov - 21 Jul 2011 05:28

I prefer to see sobriety and recovery from my character defects through the steps as my main purpose in life in early recovery - and beyond. The procrastination, I am advised, is usually just **avoidance**, period.

I have found that soon after I kick my bum and work really hard, the work becomes consumingly interesting - *and* I have success and promotion. Does that help?

There is a fear there, if there is avoidance. It's time for steps.

=====

Re: The mouse being honest
Posted by an honest mouse - 04 Aug 2011 12:40

Thanks Dov. I've kicked my bum and worked hard and have find it more interesting and enjoyable, work is looking up at the moment.

I haven't posted here for ages!! that's not great! These past couple of weeks i've been struggling with 5 minute quickies of acting out - it doesn't feel unmanageable enough, although i ought to remember from past experience that quickies always ending up leading back to longer periods of acting out, where my life is paused for far too long...

=====

=====

Re: The mouse being honest
Posted by Dov - 04 Aug 2011 12:42

Ahhhh, the old 'putting life on *pause* trick'. Yes, we are all familiar with that old bloke. Nu. What do I want for myself right now, that's the shayloh. Adios! Back to work!!

=====

=====

Re: The mouse being honest
Posted by Shteeble - 04 Aug 2011 13:20

Hi hm,

Welcome back to the forum.

I certainly know the feeling you expressed.

Sometimes lust almost feels like something we can have a little bit of and it won't hurt anything.....

Other times it's obvious that it's throwing our life way out of balance.

I need some more coffee to ponder this one.

=====

=====

Re: The mouse being honest
Posted by an honest mouse - 04 Aug 2011 13:28

Thanks shteeb, ill have some coffee too but i prefer gold blend...

www.foulgersdairy.co.uk/images/Nescafe_Coffee_Gold_Blend_100g.jpg

=====

=====

Re: The mouse being honest
Posted by Shteeble - 04 Aug 2011 14:08

you got it

=====

=====

Re: The mouse being honest
Posted by Dov - 04 Aug 2011 15:53

do they make it in decaf?

=====

=====

Re: The mouse being honest
Posted by Shteeble - 04 Aug 2011 19:26

I thought it was decaf

=====

=====

Re: The mouse being honest
Posted by ZemirosShabbos - 04 Aug 2011 20:22

I never drink coffee at lunch. I find it keeps me awake for the afternoon.

Ronald Reagan

=====

=====

Re: The mouse being honest
Posted by an honest mouse - 05 Aug 2011 13:46

nice quote zemmy! i liked ronald... i personally do not drink decaf but they may make it.

Last night I was in a familiar situation where i suddenly found myself with a few minutes without accountability and the chance to "quickly" act out.

I cant remember who said it or where i read but on one of the GYE venues someone suggested concentrating on the positives of being clean rather than the negatives of acting out. That stunted the "suddenly" effect and allowed to me to employ the tools that i have acquired this past year here to get home without even a slip, thank G-d!

=====

=====

Re: The mouse being honest

Posted by Shteeble - 05 Aug 2011 14:09

You are where your thoughts are.

Makes sense.

kutgw

=====

=====

Re: The mouse being honest

Posted by ZemirosShabbos - 05 Aug 2011 14:52

[an honest mouse wrote on 05 Aug 2011 13:46:](#)

I cant remember who said it or where i read but on one of the GYE venues someone suggested concentrating on the positives of being clean rather than the negatives of acting out. That stunted the "suddenly" effect and allowed to me to employ the tools that i have acquired this

past year here to get home without even a slip, thank G-d!

greeeeeeeat!!!

i also remember that idea, i think it was Eyenonymous who wrote about it and it is a very important yesod

i will try to find it and post it

=====

Re: The mouse being honest

Posted by ZemirosShabbos - 05 Aug 2011 14:55

[Blind Beggar wrote on 03 Jul 2011 21:21:](#)

Eye.nonymous told me the affirmation should be positive, "I guard my eyes.", "I looked away." and not negative "I didn't stare and lust!", because the mind only hears the positive so if you think "I didn't stare and lust!" your mind registers, "I did stare and lust!"

=====