

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 an honest mouse - 15 Nov 2011 13:57

I have bH my 1st parent's evening for my daughter. I have learnt from dov that this can be a nisayon. I must remember that I am not there to "drink in" the teachers and the other mothers but to discuss my daughter whom i love to bits and find out how she is doing in school and how her heilige chinuch is going.

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Re: The mouse being honest

Posted by gibbor120 - 15 Nov 2011 16:44

Just went to parent teacher conferences last night with my wife. She commented that she is much more aware now of how many triggers there are in a 'frum' environment.

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Re: The mouse being honest

Posted by Hashem Yaasfeni - 15 Nov 2011 17:54

Hey Mousey,

its time you graduated from rodent to loyal kelev, and jump on the yetser Horah Cat that keeps getting you. Good stuff 2 weeks, i'm at 3 weeks so i challenge you to make it a triple header....

May I suggest that you download some of the audio shiurim and listen to the chizukim that Dovy gives in his shiur.

I have become a addicted to the Chizuk 20 minute clips have them on my MP3 player and theyer great while Im on the bus, keeps everything in perspective. I was sitting in front of a pretty girl yesterday on the bus, no problem to keep my eyes on the mp3 and hear the holy words of the shiur.

I dfinately recommend you do that. let me kow if it helps,

your brother in struggle, HY

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Re: The mouse being honest

Posted by an honest mouse - 17 Nov 2011 10:27

Thanks guys for your posts.

This morning I found my self in a old schedule that I dont have any more, i davened late enough that i came back home when all the mothers were busy with rotas (The East-of-the-Atlantic way of saying "car pool")to get their kids to school and i saw 2 women that have really triggered me in the past twice.

A few weeks ago that would have for sure triggered me to the point of acting out. Today, it triggered me enough that i started panicking about falling again. So, I did my new trick. I davened for both of them, using their full names as i know them and i asked Hashem in english to give them shaolm bayis, fulfilment, health, nachas etc and i was able to let go and relax.

Another priceless gift from Dov! Thanks moreh darki b'recovery!

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Re: The mouse being honest

Posted by Shteeble - 17 Nov 2011 12:50

Look at that!

You are doing REAL work towards recovery.

You are an inspiration!

Thank you.

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Re: The mouse being honest

Posted by ZemirosShabbos - 17 Nov 2011 16:08

dat's te-ruly vunderfful!

AHM all the way!

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Re: The mouse being honest

Posted by heuni memass - 17 Nov 2011 18:40

AHM de-man

-HM

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Re: The mouse being honest

Posted by Hashem Yaasfeni - 17 Nov 2011 19:09

am approaching 30 days really looking forward to it.....

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Re: The mouse being honest

Posted by Dov - 18 Nov 2011 18:42

Aww, just drop day 30, totally. Anticipation takes a tiny little bit away from enjoying and appreciating and enjoying today as fully as He wants you to. And even that tiny bit is a pity to lose, in my book.

Your clean today? Now, **that's** something to celebrate!!

Lechayim!

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Re: The mouse being honest

Posted by Hashem Yaasfeni - 18 Nov 2011 19:11

Hey Dov,

its an honor to get your feedback. Sure Im enjoying everyday and getting addicted to all the great resources on GYE, as well as the cameraderie and Love that is bursting through.

I also listen to Dovys shiurim where he emphasizes today only !! HAYom !! We will say it tonight in Lecha dodi .

lechaim to you as well, I will raise a toast to my newfound friend and fellow Holy brother Reb Dov tonight at Kiddush...

Only thing making me nervous is seeing the times on the posts. it seems its 9 pm or so already and I know that shabbos comes in today at about 4.30pm....

A Gutten Shabbes, Shabat Shalom, etc

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Re: The mouse being honest

Posted by an honest mouse - 23 Nov 2011 22:27

Hi guys. I listened to the Rav Shafier shiur from the Shmuz that was linked to an chizuk email last winter, the 1st one in the hilchos niddoh boot camp. It's a hashkofoh on being with ones wife intimately. I put off listening to it until i would have a little streak of good quality recovery. Anyway, it's very yesodosdik.

In summary he says that looking at other women detractes from the special light that we are supposed to see our wives in. That the act is supposed to bond us to our wives to the extent that no other woman in the world exists. Obviously in our dor and with our past this isn't 100% possible but it's the direction we should be travelling in.

I can appreciate this having been clean for a few weeks before being with my wife. I have a greater bond to my wife and lust and other women are trully less appealing right now. It's appropriate to listen to even for guys who aren't married coz it puts the whole thing in context.

A measure of the strides I've taken bH, my wife became a niddoh right before we were supposed to be together the other night and instead of sulking about it like I used to, I talked frankly to Hashem about it and asked Him for the strength to make the proper reaction. Right then I had the idea to suggest to my wife that we do something informal togetether and we just chilled out together instead. I can honestly say that I felt a whole lot closer to her and she really appreciated the mature reaction.

Life in recovery is real life, it's beautiful!

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Re: The mouse being honest
Posted by gibbor120 - 23 Nov 2011 22:31

GEVALDIGGGGGGGGGGGGGGGGG!

Thanks for sharing that!

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Re: The mouse being honest
Posted by ZemirosShabbos - 23 Nov 2011 22:37

beautiful stuff, mighty mouse!

this calls for a wine and cheese tasting!

(ok, ok, the Americans can have faux-turkey-flavored wine)

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Re: The mouse being honest

Posted by ur-a-jew - 23 Nov 2011 23:08

Thanks that was great and true. And our wives do love it when we react maturely to that type of situation. Otherwise they feel as if they are somehow at fault for a situation that is totally out of their hands. Do you have a link for that shuir?

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