

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 gibbor120 - 22 Dec 2011 17:04

[Hashem Yaasfeni wrote on 22 Dec 2011 16:49:](#)

i think an issue with all of us is knowing ourselves and I have and still do try to figure out on what level addiction I am.

I'm not sure that it will help you that much to keep pondering it, but here is a recent post of mine.

www.guardyoureyes.org/forum/index.php?topic=4821.msg128991#msg128991

The GYE Program in a Nutshell may also help:

www.guardureyes.com/GUE/PDFs/ebooks/Nutshell%20July2011.pdf

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Re: The mouse being honest

Posted by ZemirosShabbos - 22 Dec 2011 18:31

[an honest mouse wrote on 22 Dec 2011 14:32:](#)

My chat with my partner reminded me that I have stopped doing that, so as soon as I got off the phone and I had a real personal chat with Hashem about this and the real issues in my life. My neshomah, lit up again and I felt connected and secure bH. It even lead me to dust off the cobwebs in my Bais Hamedrash thread and put in a thought I had about Chanuka. (Feel free to take a look).

I must never forget that I can always turn to Hashem...

thanks for sharing the good stuff!

a freilichen chanuka

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Re: The mouse being honest

Posted by an honest mouse - 23 Dec 2011 13:22

It's been a tough week for me, after 7 great weeks of recovery i have not been properly utilising my tools this week.

Every day (with the exception of Wednesday) I have taken a step closer and closer to acting out. I am now going to be out of the office for a week and that will give me some space away from my mode of slipping this past week but obviously the work is inside myself.

Why is that I have started sliding that way again, what has changed this past week, what am I doing/or not doing that is different from the past 7 weeks?

I hope that in my week off I will be able to rediscover the connection that I had before and get back into recovery.

bH I still have 52 days clean from m*** which for me is an amazing achievement, but I have been sliding closer and closer.

I pray that Hashem will take me the way I need to go to get back on track.

Have a good Shabbos.

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Re: The mouse being honest
Posted by Dov - 25 Dec 2011 06:45

If i want to live clean today, then the battle lines need to be drawn back, not forward. Obviously you are not trying to get into trouble, but is there some way that you can live in recovery a bit more, rather than just worry about lust a little bit less?

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Re: The mouse being honest
Posted by Blind Beggar - 10 Jan 2012 10:41

[an honest mouse wrote on 10 Nov 2010 14:24:](#)

Most of this week ive been feeling nostalgic and down, maybe thats what contributed to my fall on monday, anyhow, ive been feeling the need to escape to my old tv programmes and non-jewish music. I have not done it so much but i really *want* to escape into it and just have a day off life really...prob not coming from a good place...dont really know how to get out of it.

Anyways, on my lunch break today, i felt tempted to to go to the internet cafe round the corner to watch one of my old programs....nuh uh - red alert! thats way too dangerous, clearly a ploy of the addiction/yetser horah, so instead, i went and sat by a beautiful lake with ducks and colourful trees and had a nice a&w instead.

I saw an interesting sign: 'please dont feed the ducks! they have all they need in the water and bread makes them sick' - i thought - we're the ducks, Hashem gives us all we need and searching for extras that we *want* makes *us* sick. Please dont feed the ducks!

This was today's email. What a great idea. Thank You.

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Re: The mouse being honest

Posted by Hashem Yaasfeni - 10 Jan 2012 16:06

game here, but maybe the Donald Trumps the mouse.....(sorry ;D i couldnt help it...)

So...if you dont feed the ducks (yetzer Horahs) then we become the Mighty Ducks.... :o

....Hey...whos that groaning...?...Wheres my chinese Gong.....

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Re: The mouse being honest

Posted by Dov - 10 Jan 2012 17:33

That wasn't so bad. We've seen worse.

OK, a *little* gong, if u insist:

gong

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Re: The mouse being honest

Posted by Hashem Yaasfeni - 10 Jan 2012 18:42

.....or on any day its worth it.... :D

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Re: The mouse being honest

Posted by Yosef Hatzadik - 27 Jan 2012 05:36

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Re: The mouse being honest

Posted by Hashem Yaasfeni - 01 Feb 2012 13:40

I have just crossed the 100 day threshold. Baruch Hashem with thanks and love to the Almig-ty !!

I have just prepared a check of \$100 to GYE in thanks as well, in the mail today !

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Re: The mouse being honest

Posted by ZemirosShabbos - 01 Feb 2012 16:58

HY: Gevaldigggggg!!

KUTGW

and dear AHM, how are things?

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Re: The mouse being honest

Posted by Dov - 01 Feb 2012 17:53

[Hashem Yaasfeni wrote on 01 Feb 2012 13:40:](#)

I have just crossed the 100 day threshold. Baruch Hashem with thanks and love to the Almig-ty !!

I have just prepared a check of \$100 to GYE in thanks as well, in the mail today !

Why punish yourself like that?

(:-[just kidding, Guard!! :-X)

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Re: The mouse being honest

Posted by an honest mouse - 06 Feb 2012 14:18

Dear ZS, thank you for enquiring! I haven't posted for waaaay too long. I'm just getting less and less time to spend on GYE, which is not great but bH, GYE isn't the entirety of my recovery tools (it was of course a MAJOR catalyst though!!)

BH today I am good, happy relaxed and content.

Unfortunately, my long streak ended about a month ago, I made it to 63 days (I think) but it wasn't the length of time, it was the quality, I had 6/7 weeks of real good quality recovery, with a few subtle differences in behaviour.

The last month hasn't been as good, but it has been better than before the long streak. There are a couple of fences that I need to sure up, but I'm not getting around to it. Therein lies the problem, I have to realise that suring up those fences is a priority.

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Re: The mouse being honest

Posted by Yosef Hatzadik - 14 Feb 2012 04:52

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