

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 - 29 Feb 2012 14:31

Dov - wow, I assume you won't read this as your taking a break but I wish you hatslochoh rabboh with your own recovery, as that is the most important thing. K'shoit atsmecha... also, on the plane you're supposed to put your oxygen mask on 1st before you help others...

To update the rest of the chevra, I started a little rut 48 hours ago and I'm spiraling downward really... I don't know what caused it, to be honest, right now that's not important, I need to figure out how to get out of it.

I have been having a much more fulfilling time the last few months for the most part, but whenever i don't, i seem to slip back into the old habits, without my recovery tools learned over the last 3 1/2 years journey...

What practical actions should i take to get back on the journey...?

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Re: The mouse being honest

Posted by ontheedgeman - 29 Feb 2012 17:36

you know the practical actions that you have to take. Time for the mouse to be honest.

- 1) you need to get to that meeting;
- 2) you need to call your sponsor;
- 3) you have to write down your fears and resentments;
- 4) you have to PROSTRATE and pray!

lie down now on the floor. I'll wait.

Still waiting.

Wow you are a stiff necked one! I'm waiting.

OKAY READY. SAY IT!!

GCD I OFFER MYSELF TO YOU!!! PLEASE, JUST FOR 24 HOURS, RELIEVE ME OF THE BONDAGE OF SELF. FOR 24 HOURS ONLY. MAY I DO YOUR WILL AWLAYS, TO ILLUMINATE THE PATH OF OTHERS.

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Re: The mouse being honest
Posted by ZemirosShabbos - 29 Feb 2012 17:49

Dear AHM,

i don't have the answers, edge's ideas do sound good. probably need to take a step out of the comfort zone.

you have my support and prayers

zs

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Re: The mouse being honest
Posted by silentbattle - 09 Mar 2012 03:23

Hardly the one to talk, but when spiraling out of control, go for an hour at a time, a minute at a time, if necessary. Right now, be clean, because that's what's good.

That's what makes us feel good, and happy, too. As much as the other stuff gives us pleasure, and seems so alluring, we know that staying clean feels even better.

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Re: The mouse being honest
Posted by mifatfait - 11 Mar 2012 19:09

I sometimes feel that the hardest thing for me is to get out of those "spirals out of control" your'e talking about. ?????? ?????? ?????? isn't just a nice line, it's really true, only with Hashem's help can we break away from those streaks.

Iv'e also been learning here and working a lot on going one day at atime, if I look only at the present then even if the last week was horrific I can still feel a purpose in standing strong now.

The main battle is to have a working answer to the Y"H's national anthem - "you fell so many times, one more won't do any additional harm, tommorow is a new day, you can start fresh then". "But no", I retort, "Hashem is giving me a nisayon for this second and now is the time for

me not to listen to you, yesterday is over, tommorow will be to late, now I will remain a true ???
???".

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Re: The mouse being honest
Posted by JackAbbey - 12 Mar 2012 00:39

MB i am with you all the way

thats the only way

lets make it a oneway street (highway) (or here in england - Motorway)

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Re: The mouse being honest
Posted by ZemirosShabbos - 17 May 2012 15:51

it's almost shavuos > cheesecake > cheese > mice > hi AHM!

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Re: The mouse being honest
Posted by Shteeble - 17 May 2012 17:08

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Re: The mouse being honest
Posted by Shteeble - 17 May 2012 17:08

hey, tz, you're late. let's go.

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Re: The mouse being honest

Posted by an honest mouse - 27 Oct 2013 00:53

Hi Guys.

I haven't posted here for ages, mostly due to lack of time but I am still in touch with my close friends from here in other ways. I have been seeing a sexual therapist since last winter and I find that it is really starting to make a big difference.

I just wanted to share a slip that I just caught on Thursday night, the likes of which I have not managed before. I had 62 clean days btw, my previous longest stretch was 64 days, 2 years ago which I bH have equalled today. Wednesday and Thursday at work, I took sneak peeks at clips I should not have done and Thursday night I had a major temptation to miss night seder (I don't have a chavrusah atm) and go to an internet café to watch stuff properly.

I have not been to this place for about 3/4 months. I drove around fighting with myself for a while and then I gave in. I parked the car and walked towards the place. When I got outside, it just didn't feel right to go in... I couldn't explain it... like it was beneath me... I really wanted to watch stuff, but not to go in there.

I walked up and down the street a few times for 15 mins fighting with myself and each time I got there, it didn't feel right. So I left and walked back to the car, but I knew I would be in danger if I was on my own, so I called a GYE guy that I have been in touch with for a while who also lives in the UK to tell him. He was going through a rough patch and he told me I gave him tremendous chizuk.

Later when I was in shul, a meshulach approached me for tzedoka and I gave him the £1 I would have spent in the café.

Before I walked away, I felt like I needed it, like my life depended on it, nothing else existed in the world. Once I walked away I felt a beautiful connection, like the sun came out and was shining on me...

Thank you Hashem for getting me through this - I feel this is a major breakthrough for me, I've shown myself I can let go and feel a wonderful connection even after feeling so desperate to act out. I always thought I couldn't get back to normality unless I acted out.

Even though I haven't posted here in 20 months, I just wanted you guys to know that I am still going and that I wouldn't be anyway near where I am in terms of quality of recovery without GYE setting me down the path that I am travelling on. Thanks!!

Anyways, bH the count goes on (I know the number isn't the ikar, it's the quality but it sure helps!)

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Re: The mouse being honest
Posted by Gevura Shebyesod - 27 Oct 2013 03:52

Wow that's amazing! Welcome back, KUTGW!!!

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Re: The mouse being honest
Posted by cordnoy - 27 Oct 2013 04:52

thank you for sharing

the walking around, the struggling, the backing off....all resonates with me strongly

keep up the good work

thanks so much

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Re: The mouse being honest
Posted by ddm11219 - 27 Oct 2013 19:56

wow im so touched by that story, we eyes are full of tears, not to be believed, ?? ????? ?????, holy yiddishe kinder and here, saying their Nisyoines and hardships, in a lifetime that we dont have the old tzadikim who can show us all, and from their own will they r crying out for help.

im wordless

im amazed

promise u guys im crying now.

please hashem

???? ?' ?? ?????? ???, ??????? ?' ?? ?????? ?????.

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its the biggest thing and chizik such a story

THANK YOU 100 times for sharing it with us

wow

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Re: The mouse being honest
Posted by Zemiroshabbos - 28 Oct 2013 21:01

great to see my favorite mouse again!

KUTGW

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