

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 stillgoing - 02 Dec 2015 00:18

an honest mouse

This balance is something that I am struggling with this week...

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Re: The mouse being honest

Posted by Markz - 06 Oct 2016 02:08

I've noticed you constantly join us online here but never give a squeak. Well I was very happy to see your latest update today on the GYE email and I'm quoting your precious words right here - and hey you're precious too!

Hi, GYE!

This is 'an honest mouse' here. Following from your recent chizuk email about being in touch to explain how we have grown in the past year, I just wanted to be in touch to say thanks.

After around 20 years of progressively worse behaviours with porn, masturbation, voyeurism and stalking I finally contacted GYE Help Line to set out my actual behaviours and they recommended live SA meetings. I was so scared, I even cried a little before my first meeting, as I realised there was no turning back.

But boy, how I wish I had gone earlier! Over the past 20 years I could rarely last more than 2/3 weeks without acting out. I had seen two separate therapists for 2 years each - nothing helped, and it was getting progressively worse and risky. Now, since 12 October last year, after a few weeks of finding my stride, I have only had 6 days without sobriety. Completely unimaginable before SA. But more than that, I have more self confidence, serenity, a better relationship with my wife, and I am accomplishing more at work - I am actually changing and growing in noticeable ways. I am so grateful, and I would definitely agree with the 12 step program adage, 'I prefer the worst days of recovery to my best days of acting out.' I am learning the tools to deal with life's ups and downs without escaping to my old drug.

GYE is such a great resource, I've made some real close friends here and feel that we are really growing together. Finally, words can't express my gratitude to Dov for opening my eyes with his unashamed, persistent, truthful, and blunt descriptions of the process of real change and real recovery.

Thanks to everyone involved and wishing everyone in the GYE community a kesiva vechasima tova and a year of health, recovery and serenity!

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Re: The mouse being honest

Posted by Teshuvahguy - 06 Oct 2016 04:47

I agree with mouse about Dov. One special guy and a great one to have in your corner!

Mouse, so glad you found SA and went, despite your fears. I wish you continued success!

Thanks for for sharing with your GYE brothers.

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Re: The mouse being honest

Posted by cordnoy - 23 Feb 2017 21:23

The mouse made the followin' quote on SB Sr.'s thread:

"How much of the giving that I do, is for the sense of satisfaction I get when the recipient says thanks?"

It'sl a good barometer for those of us that claim to be givers.

No wonder this mouse is honest!

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Re: The mouse being honest

Posted by stillgoing - 24 Apr 2018 20:09

[cordnoy wrote on 23 Feb 2017 21:23:](#)

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I don't know if that makes us "non-givers". The person who can give to others - truly not for any sense of satisfaction in the thanks, - is at a very high level indeed. The rest of us can be 'givers' on a lower level.

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Re: The mouse being honest

Posted by cordnoy - 24 Apr 2018 20:28

[stillgoing wrote on 24 Apr 2018 20:09:](#)

[cordnoy wrote on 23 Feb 2017 21:23:](#)

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Barometers need to be honest.

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Re: The mouse being honest
Posted by Shteeble - 20 Feb 2019 14:05

bump

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Re: The mouse being honest
Posted by Bigmoish - 03 Mar 2021 05:58

[an honest mouse wrote on 24 Sep 2015 22:58:](#)

Hi guys, just wanted to share that I went to my 1st live meeting tonight. It was such a powerful experience, I only wish I had done it a long time ago! I will certainly be going back for more pG.

Hey mouse, you still around? Old friends are inquiring.

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Re: I just fell
Posted by Shteeble - 30 Jul 2023 19:45

[an honest mouse wrote on 27 Apr 2010 12:51:](#)

a random assortment of my thoughts:

Since I've joined GYE bH, I bounce back a lot quicker than I used to after a fall, Im able to treat it as a passing glitch in the overall trend rather than the overall trend.

I am by nature an anxious worrying type and since joining Ive been much calmer and more relaxed.

Ive started to accept that it is a lifelong journey of progression and Im not going to recover from one day to the next, which in turn helps me to get back up after a fall and keep going.

My last few falls started when I was alone with nothing to occupy me, on the computer in college, driving around by myself (the streets in the summer...) or frustrated that my wife is having trouble becoming tehora.

My therapist (who is a rabbi and was trained in addictions by rabbi abraham j twerski) told me about about a book of rabbi twerskis where he says that **a lot of addictions are caused by a lack of spirituality - he calls it spirituality deficiency syndrome**. My last good runs (36 & 21 clean days) were from selichos through succos & pesach and he reckons that Im craving spiritual highs and turn to lust when theres a void. He suggested to think of ways to increase my 'jewish highs'. Im not enjoying my night seder (im in law school during the day) and as its my only proper seder its very frustrating that its not fulfilling so Im gonna think about changing that around. He also suggested appreciating life, taking 10 minutes a day to appreciate the sunset or trees or colours in the sky or something to make it real - if you've got something real that your enjoying, it keeps you further away from fantasy.

When I have a productive day Im much calmer and in control, if Im not productive i suppose i get restless and frustrated which makes me more susceptible.

summary (sort of..) when Im spiritually fulfilled, productive & occupied im ok, but there are gonna be times that im alone, bored depressed, frustrated, unoccupied and spiritually low and I have to think of ways to protect myself then.

if anyone is still reading after that monologue - you deserve a medal !! thanks for listening and any thoughts, suggestions, advice would be really welcome and encouraged - have a great day

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Spirituality Deficiency Syndrome...

Is this the cause of my addiction?

I wonder.

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