

The mouse being honest

Posted by an honest mouse - 12 Apr 2010 13:31

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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 bardichev - 27 May 2010 01:21

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KEEP ON LORRYING!!

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Re: The mouse being honest

Posted by Dov - 27 May 2010 01:28

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Vos is eine "Lorry", mein rebb'n?

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Re: The mouse being honest  
Posted by briut - 27 May 2010 01:41

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lorry = truck in Great Britain.

As in, keep on lorrying.

Ah, US & UK: "two countries separated by a common language."

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Re: The mouse being honest  
Posted by an honest mouse - 27 May 2010 10:49

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Re: The mouse being honest  
Posted by briut - 27 May 2010 11:10

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It's tougher to find the right word in Canada. After all, their alphabet has only 25 letters. It goes from B to Z. Eh?

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Re: The mouse being honest  
Posted by an honest mouse - 27 May 2010 23:10

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went straight to night seder and back again b'H - 1st clean day (again...)

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what word do u use in canada eh ?

Re: The mouse being honest

Posted by silentbattle - 28 May 2010 03:05

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Each day is valuable, and cause for celebration. One day at a time, you can do this!

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Re: The mouse being honest

Posted by Dov - 28 May 2010 03:28

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By all means, KEEP ON LORRYING, CHAP!

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Re: The mouse being honest

Posted by an honest mouse - 28 May 2010 10:59

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:( i was driving to the mikva, saw a trigger, chased the lust, fell... on the way to the mikva.... feel quite low at the moment, im trying to tell myself ive improved, i know i have but i feel like the whole week has been bad and im in a rut again. Once i allow myself to lust again, it all comes back to the surface and its second nature again. i dont know how to pick myself up quicker... i know in my mind that i dont have to rebuild from scratch but in my heart it really feels like i do...

i wont be able to read your replies till sunday but knowing you guys are there is comforting in itself, thanks for being there.

have a good shabbos

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Re: The mouse being honest

Posted by silentbattle - 28 May 2010 16:59

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Hope you're having a good shabbos, in every way!

By the way, what do you consider a "fall?"

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Re: The mouse being honest

Posted by Yosef Hatzadik - 28 May 2010 17:28

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You are reading this after Shabbos, so here goes an 'after Shabbos' post:

The Mashgiach, Harav Matisyahu Salamon Shlita pointed out that the addition of *Attah Chonantonu* that we say on Motzoei Shabbos isn't an 'after Shabbos' prayer, it is a 'preweek' prayer. We ask hashem for help by saying *Avinu Malkeinu, hachel aleinu hayamim habaim likraseinu lesholom chasichim mikol chet umnikim mikol avon umdubokim beyirasechah!!!*

Last week went the way it was. it is past history by now. This week ~~shall~~ will be clean, pure, & holy!!

[BTW a [b]mouse [/b]shouldn't have a hard time forgetting the past. After all, Chazal tell us that eating from what a **mouse** ate is *kosho leshikcha!!!* ;D ]

(Next Friday you may even think that you don't need to go to the mikve. You are pure without it!!!)

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Re: The mouse being honest

Posted by an honest mouse - 30 May 2010 15:53

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Thanks guys.

sb - I had a great shabbos as you'll see below (it must have been your tefillos). Unfortunately

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yh - thanks, i also try to have that kavono in atoh chonontonu - its my prep for the week!

when I talk about a 'fall' i mean mast... & h'zl :-[

I started doing 'windows to your soul'. I've found it really helpful. I did it on the train on friday and then I sang inspirational/emotional songs to myself as i walked down the street. I saw a trigger approaching and i closed my eyes and said, 'Hashem, please help me not to look at her, hold my hand and dont let go, shield me and protect me, get me through this'. I managed to walk past her without taking a second look and then I went up a gear b'H. I felt charged and psyched myself up for kabolos shabbos and I had a really good shabbos. Whenever I heard heals or womens voice outside my window on shabbos afternoon, I just took a deep breath and thought to myself, 'i dont need to look, im not looking today'. So far, my shemira enayim has been on another level since then.

i rethought my diyuk from last weeks hagbo'oh (see posts last week). It was a simun that i need to go up a notch, that i need to be mazir myself a bit more, i didnt take the hint so i was made to fall to see it...

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Re: The mouse being honest

Posted by an honest mouse - 30 May 2010 16:08

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(im splitting these up coz otherwise they'll be too long - basically, i think too much)

so my shul gave me haftoroh yesterday (maybe they were hinting that i dont need to oversleep and go to another shul for mitsvos like last week...) and i like to be medayik what the message is. so here goes.

Maftir - (12:15) '*vatisoger miriam michutz lamachaneh shivas yomim, vеха'am lo noso ad heoseif miriam*' - i was 'out of the GYE machane' for a week and you guys didnt journey on without me. That contains 2 connotations, firstly, if i have a bad week it effects everyone else here and i slow down everyones progress. But on the other hand, you guys didnt travel off

without me, you waited for me to catch up and you were there for me and I really appreciate

Haftoroh - Zecharia (3:3-5) Yehoshua (which happens to be one of my hebrew names...) was wearing dirty clothes but the malach said that his sin has been removed and commanded the people around to clothe him in clean ones - an encouraging sign! (4:6) a famous possuk 'lo <sup>that</sup> bechayil veloh bekoach ki im beruchi omar Hashem''not with armies and not with strength but with my spirit says Hashem' - let go and let G-d, pure and simple, stop fighting and let G-d's spirit settle and take care of it!

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Re: The mouse being honest

Posted by silentbattle - 31 May 2010 01:11

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Glad you had a good shabbos...

Focusing on one day at a time can often be very helpful. Even if you've had a slip, try to have a couple of things that you've set aside to do, or think about, so that you can get out of that mindset.

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