

Steve's Journal

Posted by Steve - 15 Dec 2009 18:46

So here I am, finally beginning my journey into my New Way of Living, thanx to Reb Guard, Duvid Chaim, the fearless crew on the Good Ship Lust-Will-Pop, and the GYE family.

I got here around 7/28/08 while searching for chizuk for shmiras eiynayim, signed up for the emails, then wasted over a year letting them collect in an inbox folder hoping to get to read them one day. The forum looked too intricate for me to navigate, so I didn't even try.

B"H for "falls" at the right time, cuz picking myself up from one led me to finally read one email. And THAT ONE, ladies and germs, is where I saw the advert for DC's new 12-Step Program Group Call, and thank G-D I followed the links to find out more. Again, Hashem was stretching out His hand to me, but THIS time, I TOOK IT!! I joined his group when it started in October.

I NEVER would have suspected I was a sexaholic, I just thought I was a guy with a very big yetzer hora for "girlwatching" that just got out of hand with the ease of internet access. But when I read the descriptions that an addict is ONE WHO KNOWS HE SHOULD STOP, BUT CAN NOT, or described as someone who looses time from work and family because of this uncontrollable drive, someone whose life is heading to ruination, it hit me. Those words described me to a tee. I was seeing myself and my uncontrollable life mirrored in the words of so many others, I couldn't believe it! I WAS NOT ALONE.

All the years of acting out; the guilt and the shame; the hours glued to bad sites while family time and parnose slipped away; the lying to my children who'd call me at work and ask "when are you coming home, Ta?" And I'd close my eyes to the screen to say "I have to work late", then open them up again after the call to keep watching for hours more... And the self hate, the loathing, the name calling and cursing of myself I did when I'd drive home at 3 am, the promises to Hashem, and then breaking them the very next morning. Days, months, YEARS lost, and I thought I could climb out of it on my own one day.

Duvid Chaim and the brave members of our crew have shown me the real way out of this decrepit existance, toward a life of freedom from this "lust addiction", and hopefully from my other shortcomings as well.

On the calls I found people whom I could talk to thru the blessed veil of anonymity, to discover who I really am and find how I could heal, and on the forum I found the rest of you, inspirational and needy both, and I've been blessed that I could help a little here and there. What I love best is that the time I would have spent on my computer pushing Hashem out of the world, I am now using to pull Him back in, into my life and the life of others.

Thanx to Duvid Chaim, I am on the road to recovery. It was hard to accept that "I'm a pickle, and will never be a cucumber again." He showed me logically the truth behind it. But I never really understood the depth of my emotional loss at that recognition until I read Letakein's amazing poem, Falling Leaves. She wrote that to help herself heal, but by sharing it, she MADE me heal. I wasn't afraid to take the next step, to Let Go and Let G-d, to trust His re-creating me into something new, even tho I do not know where it's heading.

So, my friends (and it means so much to me to be able to call y'all that), I will be using this journal to share with you my ups and downs (which I'm sure I'll have – we're only human), Please forgive me if it's not as dramatic, or filled with "near brink disasters" as so many of you brave people have to fight every day. I stand in awe of your strengths, your courage and your honesty. THIS is the place on earth for real Milchomas Hashem.

I will try my best to post everyday, and the next few days I'll add short installments of the BIG inspiration I had just before this Shabbos, on Erev Chanukah, that I'm still flying high from. The A & W's just kept rolling in, so stay tuned!!

Even tho I've been clean now since starting the calls 7 weeks ago, I'm gonna start my 90-day count as of Monday, the third day of Chanukah. Marked for my memory by my physical birthday, but in honor of my spiritual re-birth thru the 12-Steps and ALL of GYE.

Starting this Chanukah, may we all be blessed together to move far away from the Great Darkness that has owned us until now, and come into the GREAT LIGHT of Hashem's Love.

Kein Yehi Ratzon.

Steve.

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Re: Steve's Journal

Posted by imtrying25 - 05 Jan 2010 21:02

[Steve wrote on 05 Jan 2010 21:00:](#)

[imtrying25 wrote on 05 Jan 2010 20:28:](#)

You know come to think of it, im so impressed that your proud to be a pickle. Arent thet always so insulted cuz they got smooshed around in the jar?!? :D :D :D

IT, ya just GOTTA BELIEVE!!! Accept yourself for who & what you are, then get going into action!

What should i do? Sit around moping, doin' nothing, like a bump on a pickle?

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Love the attitude sour head. Yeah and thats why i dance even though ive got meself a walker!
:D :D :D :D

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Re: Steve's Journal

Posted by Steve - 05 Jan 2010 21:06

attitude shmattitude - they're all platitudes, dude.

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Re: Steve's Journal

Posted by imtrying25 - 05 Jan 2010 21:09

[Steve wrote on 05 Jan 2010 21:06:](#)

attitude shmattitude - they're all platitudes, dude.

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Re: Steve's Journal

Posted by Steve - 05 Jan 2010 21:12

Nah, just trying to beef up my spirits after a loooooooooooooooooooooooooong day.

be kewl, jewl.

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Re: Steve's Journal

Posted by habaletaher - 06 Jan 2010 06:58

wow i didnt know you were a talmid of my Rebbi Dov too??
Hey there bumpy pickle,

Jsut wanted to check in and say KUTGW!!! 22 Days now, almost a month!!!

Thanks for checking in on me while I was gone!

Haba

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Re: Steve's Journal

Posted by Gabe - 06 Jan 2010 08:42

Steve is the man. Keep it up, Steve!!!

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Re: Steve's Journal

Posted by imtrying25 - 06 Jan 2010 11:34

[Steve wrote on 05 Jan 2010 21:12:](#)

Nah, just trying to beef up my spirits after a loooooooooooooooooooooooooong day.

be kewl, jewl.

Now if ive ever seen a long day.....

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Re: Steve's Journal

Posted by Steve - 06 Jan 2010 14:41

GOOD MORNING SUNSHINE! THE EARTH SAYS "HELLO!"

OK, here begins another day, (Day 24 BTW,) full of potential. I'm wearing my Happy Specs today, the yellow ones, the ones that look FORWARD and not backward. And I've davenned that HKB"H guide me & make all my efforts successful, b'ruchniyos & b'gashmiyos!

I've had such inspiration from all of you, and last night especially from Trying, that even I can see the light at the end of the tunnel. I REALLY feel I, WE, can make it!!

So now I'm rip, roaring and ready to get my projects done, with H's help.

Soooooooooooooooo, I'm off to see the wizard. Wish me luck!! I got me a lot of catchin' up to do!!

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Re: Steve's Journal

Posted by letakain - 06 Jan 2010 15:52

follow the yellow brick road! skip, dance, make snow angels!

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Re: Steve's Journal

Posted by Steve - 06 Jan 2010 22:35

In case anyone's not aware, someone left the kids playing without supervision and they got a penalty play called on them. Don't quite know if it was called for, but nevertheless, there is a GYE campaign going on to end Kaalos Rosh on this site. Yes, i agree, there should never be "lightheadedness", but we need some guidelines. i know there was a thread about Mechitzas a while back, but this is MY thread, so I wanna push the button over here...

What exactly is the definition of kaalos rosh at it applies to GYE? Is it ANY amount of humor at all (I wont be allowed to open my mouth!!), or is it when we fall into the "playful banter" of "sista

& brotha" across genders? Is there a diff between typing "You're so cool" and "You're so kewl?" Are we being extra creative and slangy cuz we wanna impress someone? How do we feel when we are in "chat"-like conversations across genders, that have nothing directly involved in chizuk other than showing gevaldige friendship, and caring? Is that "support" or is that inappropriate? can we really draw a distinctive line between Fellowship and Friendship? Does anyone besides me see the difference?

We each need to examine our innermost motivations when posting "cross gender." REALLY. I did some serious **sole**-searching (that's the kind where you kick yourself a lot) the first time i sent a mssg directly to one of the young ladies on the forum when i joined. Guard will remember how neurotic i got then. I remember feeling a small degree of "affection" for the person, and all i was doing was sending her a chizuk PM thru Guard! But that was in my early days, when I was still confused. Now I see inside me, on a motivational level, that the chizuk posts I send "cross gender" are divorced from any degree of flirting or inappropriate desire, and I see that i can seriously care deeply for them and their success on a neshama level, same as I do for the guys here. In fact, I have been so impressed by these holy women, whom I assume are young enough to be my daughter, that at one time I was even looking for shidduchim for them!

I don't mean to take the fun out of this site, c"v, or to deny any of our holy men & women here the chance to form the close friendships they need. And I have NEVER seen anything inappropriate in any post, 'cept for the occasional bad language (which i understand comes from pain and emotion).

I have come to respect every man and woman (and those nuts in between - you know who you) - whom I have met on this site, and the amount of great chizuk given inter- and intra-gender is GEVALDIG and so full of caring. I wouldn't want us to lose any of it.

But perhaps there are moments of closeness we wouldn't allow ourselves if we were, say, meeting in person in an office atmosphere, even with others in the room. Should THAT be the geder of understanding?

Just a few of my thoughts. Anyone care to mention theirs?

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Re: Steve's Journal

Posted by imtrying25 - 06 Jan 2010 23:21

Couldnt agree with you more , steve. Honestly i think anything on the site is usually pretty stable. People know that thewre are moderators and stuff so people dont want to cross the line.

What i dont understand is, walking to the other side of the mechitza just so you can yell at the women for not being dressed properly. If you dont like it, stay in the mens section.

Ok im gonna stop while im ahead!

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Re: Steve's Journal

Posted by Steve - 06 Jan 2010 23:27

One more point: As we learn in the strategies to get free from a lust urge, experts have mentioned to stop thinking about the specific person we are looking at as a s*x object, but as a human being. Think about her as a person, feel her pain. Those screen performers are someone's daughter. How far from her parent's love she must be. How lowly she must hold of herself to do these things. And then to project that though process on every female we meet - to think about them on a higher plane, as a person with hopes and dreams and struggles just like us.

We have an opportunity here at GYE to develop that care and concern for the neshama of each other, no matter what their gender is. I think every younger man on this forum will make a better husband one day because of how he is treating the young ladies on this forum today.

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Re: Steve's Journal

Posted by imtrying25 - 06 Jan 2010 23:29

[Steve wrote on 06 Jan 2010 23:27:](#)

One more point: As we learn in the strategies to get free from a lust urge, experts have mentioned to stop thinking about the specific person we are looking at as a s*x object, but as a human being. Think about her as a person, feel her pain. Those screen performers are someone's daughter. How far from her parent's love she must be. How lowly she must hold of herself to do these things. And then to project that though process on every female we meet - to think about them on a higher plane, as a person with hopes and dreams and struggles just like us.

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Maskim!!

But then again what does some senior citizens haskama mean anyway?? What does he know about tayvos?? Ok stop it STOP.....

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Re: Steve's Journal

Posted by Steve - 06 Jan 2010 23:32

IT, you remind me of the time a young man was standing by the mechitza at a wedding, watching the ladies dance. A rosh yeshiva comes to him and says, 'young man, you dont belong here...' to which he replies "Oh, Rabbi, you don't understand. I'm looking for my wife, and I've gotta go, so I'm in a rush." So the RY answers "Oh, that's different! Let me help you find her. What does she look like?" And the fellow says "I don't know yet!!"

Have a good nite!!!

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