

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 Steve - 11 Jan 2010 17:17

Well, y' know, it's like the lottery.

YOU GOTTA BE IN IT TO WIN IT!!!

Let's all spike our coffee today and come up with NEW ways to interact, maybe some NEW topics to generate some excitement, not just trudging along. Remember, we NEED each other's chizuk, and there are constantly appearing new recruits who look up to US to guide them. What'll happen to them when they see a bunch of depressed ex-addicts moping around?

WE GOTTA THINK OF THEM! JUST LIKE SOMEONE THOUGHT OF US, WHEN WE FIRST GOT HERE.

Many new friendships can be made, and that will help fill our void.

C'mon, guys, let's keep smiling...

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Re: Steve's Journal

Posted by sci1977 - 11 Jan 2010 17:29

Very true Steve. KUTGW!!! The more positive we are the better we are going to be.

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Re: Steve's Journal

Posted by Steve - 12 Jan 2010 05:44

Boy, it sure is quiet around here right now...

Shhhh.....

well, more on the morrow.

G'nite....

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Re: Steve's Journal

Posted by Momo - 12 Jan 2010 14:11

Steve, I love your attitude.

Hope you have a great day.

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Re: Steve's Journal

Posted by silentbattle - 12 Jan 2010 15:26

Sometimes quiet is good, right? But not always...

I absolutely agree - I mean, I'm far from being a veteran, but I'm going to make an effort to reach

out a bit more, even though my time has become more limited...

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Re: Steve's Journal

Posted by sci1977 - 12 Jan 2010 16:40

Steve, you serving pickles today. Hope your day is going good!!! Keep going and love the attitude.

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Re: Steve's Journal

Posted by Steve - 12 Jan 2010 16:53

Actually, pickles are really good for you. No calories, and the vinegar balances blood sugar and reduces hunger cravings.

I used to joke around, after hearing the "pickle barrel" stories of the lower east side, and i used to say

"What's a Jew without a Pickle?!"

Didn't know how prophetic that would be...

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Re: Steve's Journal

Posted by Kedusha - 12 Jan 2010 16:59

[Steve wrote on 12 Jan 2010 16:53:](#)

Actually, pickles are really good for you. No calories, and the vinegar balances blood sugar and reduces hunger cravings.

I used to joke around, after hearing the "pickle barrel" stories of the lower east side, and i used to say

"What's a Jew without a Pickle?!"

Didn't know how prophetic that would be...

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Re: Steve's Journal

Posted by Steve - 12 Jan 2010 18:23

I don't like the effect of prunes on my 'system..."

I think I liked you better as a reformed grape...

THEY'RE HAVING THE KUMZITZ RIGHT NOW!! AND WE CAN'T COME!! :(:(:(:(:(

I tried to cal DC to ask him to send my regards to da boyz, but got only his voicemail, which really was some Sabra lady making an announcement after she practice her hebrew numbers,

and not being too swift in the Shprach I couldn't get what she said, but there was a beep at the end so i left a message.

--- *breathe* ---

So in case our "Guests" think we don't know what it's like to be locked out with a gag order, please think again...

well, back to work.

I'll have to get this thread back into gear when i catch up with my work, till then, just short snippets.

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Re: Steve's Journal

Posted by Steve - 13 Jan 2010 05:54

End of day 29, according to the Chart.

'nother late night searching thru the forum. Seems I found a pattern, and I'm asking my friends here for their honesty and advice.

Hmmmmm, not quite sure how to word this. So I'll go for broke.

Maybe it's just my insecurities cropping up again, it's a problem I'm working on. But I noticed a few times when I add my 2 cents to a thread, that the other posters just sort of dance around my comments/suggestions and either don't or hardly respond. And you know me by now, when I have an idea in my heart that I feel strongly will help be mechazik someone, I get it out even if it takes a long post. I type slow, and for me these long posts are a real investment in time. I've done it cuz I've felt SO compelled to try to help in what look like emergencies.

I've also spent a lot of time today, when I really should have been working, looking over the other threads, trying to be helpful getting the RahRah going after the Big Change. Some of it's been appreciated, some ignored.

So please be honest and tell me what I'm doing wrong, how I can change so as to still contribute without being burdensome.

Maybe I've been missing the point, that the conversation is bent a different way than I was going.

Or maybe by the time I finished typing, the gang has moved on and my post wasn't relevant anymore.

Or maybe people are just sick n' tired of my long-winded posts.

Or maybe i'm coming on too strong, sounding liken I'm too commanding or telling people what to do.

Or maybe you think that I think I'm G-d's gift to the Forum, an old Baal Geivah preacher. Or a DC 12-Step Program Poster-Boy.

PLease be honest with me. I haven't really been spending time here, which is what I started this for. Maybe I should limit myself to here, I'll share my days, my thoughts, or pontificate here from the sidelines, and stay out of everyone's hair. If you need me, you could find me here, ask me anything, and I'll try to give you the short version.

Maybe I'll actually get my work done, and finally be zoche to my parnose.

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Re: Steve's Journal

Posted by BecomeHoly - 13 Jan 2010 06:39

I think your posts are great. Keep em coming.

But do limit yourself here. Your job is to what is right, for this moment. If you need to work, then you need to work. Limit yourself for your sake, but we welcome your giving to us with open arms :-)

Oh and one more thing, long posts help you clarify YOUR thoughts. We're all about sharing... but sharing does not require a share-ee... its more important that we share. I've noticed my posts help me more than I think they help others. If they help others, that means I've got feedback on what actually helps, and it means I've gauged how much I've helped myself.

See.... this post is like one great clarifier for me :-)

Good night!

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Re: Steve's Journal

Posted by habaletaher - 13 Jan 2010 07:19

Dear Steve,

First of all, I think that you have posted a ton of good stuff on the thread's I've seen. I also thing that some of the longer posts might only get read by the people whose thread it is, cuz many people don't invest as much time as you on the forum. I share your struggle, I think I have spent too much time on this thread, cuz it is taing up serious chunks of my time. On the other hand I'm

clean now 28 days, and that is priceless and if it takes me spending 45 mins a day here, that is fine too!

The way I look at it for myself is azoy: if you regularly go long, people might not give it weight, but if your a regular mid to short ranger and then suddenly you post a long one, it will probably carry more weight.

Also, being that I'm relatively new here, my words aren't going to carry so much weight either way, b/c people don't know if I'm Good, Bad or Ugly!

As a pickle, I would have to say you're probably Good, Bad AND Ugly!!!

But I love you any way, and love the way you dedicate yourself to growing and helping others grow through GYE!

KUTGW my dear Chaver!!

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Re: Steve's Journal

Posted by Steve - 13 Jan 2010 15:57

THIS IS AN EMERGENCY TEHILLIM REQUEST FOR A DANGEROUSLY ILL YOUNG WOMAN

Hi everybody.

A niece of mine in Eretz Yisroel has a best friend who has just been hospitalized due to VERY LOW BLOOD COUNTS in just about everything. The Doctors do not know what it could be. But she is in very grave danger. Her family in America, who just returned from visiting her there, are turning around and getting right back onto a plane to go back to her bedside. This is a young,

unmarried girl in her mid 20's.

PLEASE SAY TEHILLIM ASAP FOR **RIVKA AYALA BAS ALIZA**, may she have a refuah shelayma b'korov!!

I will bli neder keep the olam posted. Guys, please add her name to your shul's Mishaberach list, and if your tzibbur allows tehillim b'rabbim for cholim after shachris and mincha, please include her name.

Tizku L'Mitzvos,

Steve

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Re: Steve's Journal

Posted by Ineedhelp!! - 13 Jan 2010 16:02

Oy Refuah Sheleimah.

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