

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 loses 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 existence, 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 - 18 Jan 2010 18:10

No idea yet. All i know is that If Moshiach doesn't get here before that, DC isn't getting back to the US until Jan 28th. Guess we gotta keep checking his thread once & a while.

have a great day!!

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Re: Steve's Journal

Posted by habaletaheer - 18 Jan 2010 18:51

I know this sounds ignorant but who exactly is DC, and for that matter who is Rabbi S or Shlachter?

A lot of people in these forums seem to know these people, and I don't?

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Re: Steve's Journal

Posted by silentbattle - 18 Jan 2010 19:00

DC is Duvid Chaim, who gives a phone conference on the 12 steps (I think). Rav Shlachter is a therapist in eretz yisroel that specializes in addictions - he's worked with several people on the forum.

See? Now you know, too!

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Re: Steve's Journal

Posted by habaletaheer - 18 Jan 2010 19:04

How and when would I join the DC calls?

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Re: Steve's Journal

Posted by Steve - 18 Jan 2010 20:42

haba,

take a looksie on the main forum page, scroll down till you see a board called "Duvid Chaim's Anonymous SA Confernece call" or something close to it, go in there and the first thread listed will give you information about the 12-Step program he runs. The next one starts sometime in February. You can email Duvid Chaim directly to request info, his email is posted on that page.

I joined that group because he GUARANTEED that if i do the program and "work the steps" this DESIRE TO LUST will become a thing of the past.

I know I have a ways to go, but i DEFINITELY see that I have a tremendous amount of freedom from that desire, much more than i have ever had in my life. i finished the program, but still feel there are parts of the steps I need to work better, and i can see that his guarantee is true, at least for me.

I hope you will be able to join. Even if the timing is tough, it is so worth it as an investment in the rest of your life.

That's what we're all here for, innit?

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Re: Steve's Journal

Posted by habaletaheer - 18 Jan 2010 20:51

shkoaich!!

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Re: Steve's Journal

Posted by Steve - 19 Jan 2010 19:10

Welcome to Tuesday.

Got a lot of catching up to do with work. Hard to function when there's a tiny feather tickling my nose on the inside, making my head run with water like Niagara. Caused a rough nite's sleep.

Never had allergies before, but i have a funny feeling this is what it's like.

Anyway, made a decision recently, not sure if it was right, but it felt right for me then. A friend, not so close, but a good man & major askan in our community, made a l'chaim for his daughter's engagement. Normally, I would have gone to give him a mazal tov. But I realized, even tho his family are bnei aliya b'ruchniyos, his wife and daughter dress very attractively, plus the kallah herself is, well, gorgeous, according to her pic on Facebooks which my wife showed me. I haven't seen her in years, but she was good-looking as a teen & made friends with the crowd that dressed less sniyusly. I decided NOT to go, thinking "why should I put myself into that nisayon" of avoiding looking at all the pretty young women, who most likely will be dressed in ways that make one WANT to look. As Habib and Trying taught me, I'm not talking against them, I hope they are working on themselves despite the influences of fashion. I'm just recognizing it's MY problem, and question if am I stronger than the nisayon or not? And rather than "test" myself, i decided it's best not even to "engage" the enemy.

I don't think of this as a failure, but as a win - 3 months ago I would have gladly gone, even looking forward inside to the feast for my eyes. If I could have worn sunglasses, I would have, to be able to stare with impunity. So I think of this as progress, BH, as a strategy to avoid slips. And by calling them afterwards, and wishing the parents mazal tov via phone, I get to give them

my beracha without danger to myself.

Life can be VERY funny sometimes.

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Re: Steve's Journal

Posted by humanbeing - 19 Jan 2010 22:31

Thanks for being a live example. Your humbling perspective is what all of us Lust Addicts need to adopt in order to serve Hashem...To be mindful and know ourselves and our triggers is a very hard task to accomplish...Your example fills me with hope that i too will look upon myself and with humility recognize my limitations and become the true hero that's th real me...

Michaelangelo said that when he looked at the slab of marble that he formed his famous Moseshe saw Moses... and then just chipped away the rock to reveal the beauty that his expert eye saw from the beginning

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Re: Steve's Journal

Posted by Gabe - 19 Jan 2010 22:51

Wow.. amazing effort Steve.

Just make sure your wife doesn't show you the l'chaim photos on facebook ;D

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Re: Steve's Journal

Posted by silentbattle - 19 Jan 2010 23:52

Wow- sounds like *you* get a mazal tov! That is *absolutely* a victory, in many ways - in particular,

the fact that you identified a danger, and took action to avoid it!

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Re: Steve's Journal

Posted by Gabe - 20 Jan 2010 03:53

Steve, I'm a bit worried about you. Your posts are too concise these days. We need the megillas!!

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Re: Steve's Journal

Posted by habaletaher - 20 Jan 2010 05:55

Steve, I LOVE THE IDEA!!! And with all that extra time on your hands, why don't you go to BLockbusters and take out Charlie's Angels or something.... Just Kidding!

Steve, I give you three thumbs up!!! (Did I ever tell you I was born in Chernobyl?)

KUTGW my man!

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Re: Steve's Journal

Posted by silentbattle - 20 Jan 2010 17:00

[habaletaher wrote on 20 Jan 2010 05:55:](#)

Steve, I give you three thumbs up!!! (Did I ever tell you I was born in Chernobyl?)

Oh, that is terrible! :D :D :D :(

I'm laughing so hard that I'm crying!

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Re: Steve's Journal

Posted by Steve - 20 Jan 2010 17:44

Short version:

YGCMU!

Megillah Version:

YOU GUYS CRACK ME UP!

Have a super-fantastico-ultra-productive day, everyone! KEEP SMILING at everyone you meet!!!! You just might infect yourself...

Ciao, baby...

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