

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.

Posted by imtrying25 - 21 Jan 2010 12:12

[illegible]

Posted by Steve - 21 Jan 2010 13:08

I'm sorry, I didn't hear you....

Hearing aid batteries must be low again...

wait... I ...T....2....5... ?

HEY!!! IT25 IS BACK!!

WHOOPIIEEEE!!!!

Posted by Ineedhelp!! - 21 Jan 2010 14:17

STEVE,

Have a great day filled with connecting to Hashem. and thanks for everything!

-Yiddle

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Re: Steve's Journal

Posted by Steve - 21 Jan 2010 15:39

OK, OK, I've gotta get off reading thru this forum and get to work. The old fear is setting in that is trying to tell me i'm not good enough at what i do. BUT I KNOW IT'S WRONG. And I can't get even better if I dont keep working.

So back to work for 2day. I'll sign in later & let everyone know how 2day went. Daven for me that this pickle stays whole, and doesn't get cut into sandwich slices!!

Later...

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Re: Steve's Journal

Posted by Kedusha - 21 Jan 2010 15:44

[Steve wrote on 19 Jan 2010 19:10:](#)

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.

Good move Steve - this event does not sound like it was a good place for a nice Jewish boy to

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Re: Steve's Journal

Posted by imtrying25 - 21 Jan 2010 16:07

[Steve wrote on 21 Jan 2010 13:08:](#)

I'm sorry, I didn't hear you....

hang out!
Reading aid batteries must be low again...

wait... I ...T....2....5... ?

HEY!!! IT25 IS BACK!!

WHOOPIIEEEE!!!!

Are you trying to poke fun at this bebble?? Huh? You wisecrackin wippersnapper!!

Is this better??

STEVE

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Re: Steve's Journal

Posted by Steve - 21 Jan 2010 16:18

Roar, Shmoar, at least we don't BOAR!!

Good to have you back, my friend, KOT!!

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Re: Steve's Journal

Posted by OneLife - 21 Jan 2010 21:49

steve,

please let me in your thread to say to IMTRYING that he is a

bomb.

love you geveer!!

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Re: Steve's Journal

Posted by Steve - 21 Jan 2010 22:03

OL, the BEST BOMBS are **BOMB KASHES!!** *Man, i miss yeshiva....*

Well, folks, good ol' YH did it again to me, and I didn't get my work done, not even a little. Spent too much time on other issues. It's all the procrastination thing.

THAT'S my big struggle now. To believe in myself, and just nail that project.

Maybe I should make my own chart for this, like Slips are getting sidetracked for less than 5 min, and Falls are ones that go longer.

Thinking about that is pretty scary. It would be a BIG challenge. Hmmmmmmmm.....

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Re: Steve's Journal

Posted by imtrying25 - 21 Jan 2010 22:40

:D :D

Slip shmip. Keep on pickleing. Not too sour though! :D

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Re: Steve's Journal

Posted by silentbattle - 22 Jan 2010 00:33

Steve, we love you!

And we know that you're constantly working and improving...

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Re: Steve's Journal

Posted by imtrying25 - 22 Jan 2010 08:35

Steve?? The forum is too smooth. Mind rockin it for a few minutes.

Have a Great Shabbos. You really are mechazek me. Although your posts are a little bit too

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Re: Steve's Journal

Posted by habaletaher - 22 Jan 2010 10:30

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Re: Steve's Journal

Posted by humanbeing - 25 Jan 2010 00:47

Steve,

long for this senior citizen i try and take what i can
I'm going to talk to myself.... You can listen in if you want to...

Stop feeling that you and your work are that important...that you have to put your whole head and heart in it...Yigia **Kapecha** davka....Of Course if you feel like the success of your work (as we have been trained by our parents, Americanishe ZTudraite Society etc.) is what will define your worth as a person...Then work becomes like trying to cross a board that 1000 feet up with no safety net...Crossing a board ain't to hard but if your whole life is at stake then we suddenly close up and find every excuse to not do it....because it's terrifying....

The board is not up in the air it's on the ground...The fact we were born and we are still alive means that Hakadosh Baruch needs us...kivayochol...Thatt's our self worth....the job is just a job....enough procrastinating...Gotta Go!

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