

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 Momo - 04 Feb 2010 10:49

[Steve wrote on 03 Feb 2010 16:00:](#)

[imtrying25 wrote on 03 Feb 2010 11:59:](#)

Do have to be honest i like the shortys more than the longies, but i like them all!!

I think he meant short posts, not short people.

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Re: Steve's Journal

Posted by Momo - 04 Feb 2010 10:52

I LIKE CHEESE!

Do you?

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Re: Steve's Journal

Posted by BecomeHoly - 04 Feb 2010 11:38

Hi Steve. Just saying hi - you've been an inspiration to me, even though I lost touch w/ you....
kutgw! I see you're doing very well... I hope to be right behind you :-)

Reply on my log just in case I forget to check yours :-)

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Re: Steve's Journal

Posted by Steve - 04 Feb 2010 12:04

[Momo wrote on 04 Feb 2010 10:49:](#)

[Steve wrote on 03 Feb 2010 16:00:](#)

[imtrying25 wrote on 03 Feb 2010 11:59:](#)

Do have to be honest i like the shortys more than the longies, but i like them all!!

I think he meant short posts, not short people.

Oh goody goody gumdrops! I'm a shorty, too, so now you HAVE to like me!!!

I KNOW that, silly, I was just trying to force him into a corner by "running rings around him, logically"...

(BTW, 10 GYE points for anyone who can figure out the reference. Hint: Penguin)

[Momo wrote on 04 Feb 2010 10:52:](#)

I LIKE CHEESE!

Do you?

I liike cheese, too, but when it's served, I prefere to be the one that cuts it....

Have a SUPER-FANTASTICO DAY everyone!! Let's get some WORK done around here!!

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Re: Steve's Journal

Posted by Momo - 04 Feb 2010 12:13

[Steve wrote on 04 Feb 2010 12:04:](#)

I liike cheese, too, but when it's served, I prefere to be the one that cuts it....

LOL. It was begging for someone to write that...

Have a good one Steve!

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Re: Steve's Journal

Posted by silentbattle - 04 Feb 2010 18:17

Keep on rocking, bro!

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Re: Steve's Journal

Posted by imtrying25 - 05 Feb 2010 10:20

Oy steveleh oy steveleh oy yoy yoy steveleh! Shabbos is on its way. LOOK OUT!! you dont want o get hit too hard!

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Have an awesome shabbos.

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Re: Steve's Journal

Posted by Steve - 05 Feb 2010 20:01

Wishing everyone here a GREAT SHABBOS.

Oh and btw i noticed you checked in have you checked out yet??

PLEASE don't worry if I start limiting my posts for a few weeks. I will be clean, and I'll keep updating my chart, but my love for all you guys here on this Holy Forum, and my desire to stick my nose in all over the place, has lead to a new addiction. GYE FORUM ADDICTION. I need to throw some cold water on my face, and limit myself to just posting here for a while, and resisting the temptation to follow everybody's threads for as long as it takes to break free from that addiction. I know I will suffer by not reading the gevaldige chizuk that everyone posts to each other, but i am hurting myself, my family, and those clients who count on me to produce for them. There is NOTHING WRONG with the Forum, the problem is within me, in that i run away from facing what i fear about my work and abilities, and escape to spend hours on the forum. I hope that by March I'll find how to balance both, but for now, I must limit myself drastically. At least it's better than leaving the forum completely.

Please all keep in touch with me by visting here. If you need me, or if i could be of service to anyone you know who's calling out, let me know here or PM me, please. I couldn't bear to see that someone suffered when I could have helped in my small way.

Stay strong, all my Holy Brothers. Have a GREAT SHABBOS!!

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Re: Steve's Journal

Posted by imtrying25 - 06 Feb 2010 21:19

We will miss you steve. You know every group of guys has to have a sour pickle!!!!

Anyways like i alwys say. Its hard for us when you leave but it makes it so much easier knowing your doing it to help your growth!!

Keep on growing my pickle!!

Shavua tov!!

I wuv yoo!!

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Re: Steve's Journal

Posted by silentbattle - 07 Feb 2010 03:16

I hope you find the balance you need, and that you grow from it!

We will all miss you, obviously. Actually, if you could find time to share your thoughts on my recent post about the program that I'm trying to build for myself, I'd appreciate it...you replied to my last post about it, but this one is a bit more concrete as far as plans go.

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Re: Steve's Journal

Posted by Momo - 07 Feb 2010 06:15

We'll miss you Steve.

Always thinking of you.

I have GYE balance issues too. I usually take a step back for a few days, then return.

By the way, you don't have to follow everyone's threads. You can pick your favorites and follow those (Me! Me! Please!!! ;D)

Shavua tov!

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Re: Steve's Journal

Posted by Steve - 07 Feb 2010 20:20

A HAPPY SUNDAY TO ALL!!

B"H I got to join in Rabbi/Dr. Fish's conference call, unfortunately I got to join about 22 min. into the call, so when i got on I was a little lost. i hear it was recorded, and I hope to get my hands on the mp3 file to hear what I missed. The end of the call had some cool meditation excersize, which was very helpful. The relaxation also paid off in other ways, like relieving my worn muscles after all the digging out we Eastern Sea-Borders had this weekend.

Funny thing, DC had asked me to do a mini-inventory (that's a 4th & 5th Step thingy for you plebes) and have it ready to speak to him on Sun. Then it snows over 2 feet, so there's no time to have it ready for when we had planned. Last time, which was for the ACTUAL 4th & 5th Step work in the middle of our 12-Step program call, it ALSO snowed over 2 feet the night i was supposed to finish preparing my worksheets, preempting my ability to be ready for our 5th Step appointment.

I asked DC NEVER to ask me to do Step 4 & 5 again. I'm afraid of making a chazakah!!

I was down & out on friday, as you can see it prompted my last post. I tend to be too hard on myself. DC, as usual, had great advice: If you can't be happy or have a positive attitude right this second, then FAKE IT TILL YOU MAKE IT. So i did, and it worked. in fact, a good friend of mine who is a psychotherapist, asked me Leil Shabbos why i was in such a good mood, and i answered him "cuz i'm faking it till i'm making it!" He laughed more than i did.

I'm still gonna keep to this thread, even tho i am SOOOOOO tempted to pop in EVERYWHERE, cuz I'm determined to stop making excuses and to focus on my work and a few directions of improvement. So MOMO, SB, HB, BH, OL, HABA, IT25, BARDY, RAGE, TG, SCI-whenever, STEVIE-C, YDDLE, YCHIDA, 2B, and all you other assorted nuts & bolts, please know that i am DAVENING for your success and continued growth b'ruchniyos (and Gashmiyos). You know where to reach me if you need me, here or via PM.

Hang in there, and as IT put it so nicely, I WUV U. All of you.

TTFN

(Ta-Ta, For Now....) *[reference: Tigger]*

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Re: Steve's Journal

Posted by sci1977 - 07 Feb 2010 20:25

Good luck on finding a balance. We will miss you!! KUTGW!!!

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Re: Steve's Journal

Posted by bardichev - 07 Feb 2010 20:31

STEVE

SHOVEL ME OUT!!!

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