

Steve's Journal

Posted by Steve - 15 Dec 2009 18:46

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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 silentbattle - 07 Feb 2010 21:30

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I actually got about the 1st 22 minutes...it kept cutting out on me (though that might've been my phone) - then I had to go into my therapist's office, so I hung up. So, if you get hold of the mp3 file, please let me know!

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Re: Steve's Journal

Posted by sci1977 - 09 Feb 2010 17:04

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Steve, or pickle man, how you doing today?

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Re: Steve's Journal

Posted by Steve - 09 Feb 2010 20:01

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Hello, gang.

Special Kudos go out from me to Sci1977 and SB, to special Jews who have shown me what it takes to care about one's fellow man.

Also, if anybody wants's so see some REAL INSPIRATIONAL posts, pay a visit to Sci1977's thread on 'how he got here,' over in Break Free. His Dear John letter to his past should become required reading, like the Handbooks (which BTW i STILL haven't read, so it just goes to show you...). And his Cheshbon Hanefesh, his introspection, is done in such a POSITIVE light, I am remarkably inspired, and i think all of us here could learn that positive way of thinking from Sci.

Have to get back to work now. Lost some time over the last few days, the slowly melting pile of

snow on my roof started leaking through the ceiling of our guest room, right over where my Mom-in-law is supposed to sleep this Shabbos. I've got 4 separate buckets in there right now. And until things thaw and dry out, I cant find the cause, or even seal anything. And another 12-18 inches is expected tonite!! i'm gonna have to bring my work computer home. And it's heavy.

Cheerio.....

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Re: Steve's Journal

Posted by humanbeing - 09 Feb 2010 20:03

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Glad to see your getting some excercise...Hey Sci...Can you repost that letter do I can find it easier.

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Re: Steve's Journal

Posted by Steve - 09 Feb 2010 20:18

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HB, just go back to a GYE Chizuk Email # 698 - Feb 1st.

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Re: Steve's Journal

Posted by imtrying25 - 09 Feb 2010 23:02

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STEVELEH AH STEVELEH! Happy to see your doing something productive foronce like shoveling out my rebbe from his home. Careful though he may pay you with woodford, and i dont think your wife would like that would she??

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Re: Steve's Journal

Posted by bardichev - 09 Feb 2010 23:35

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Steve some towns have southerners. That can shove for u

Its not mucho dinaro

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Re: Steve's Journal

Posted by Steve - 10 Feb 2010 06:02

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My whole family enjoys shoveling. Snow, that is....

We like to get out in the cold, sweat a little, come back in for hot cocoa and a game of Bananagrams or Rummykub.

We do a lot of family games together, even have pingpong and a miniature pool table.

So a winter day off is a good thing, but I'm prob gonna work thru it anyway. Brought this here work Mac home, so when I'm snowed in tomorrow I can still go strong.

And speaking of strength, i figured out why the Stupor Bowl is sponsored by Doritos.

Cuz in the locker room, when those guys take off their shoes, the place smells like corn chips.

Hameiven Yaaven. NEEEEHHHHBUCH!!!

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Re: Steve's Journal

Posted by habaletaher - 10 Feb 2010 08:47

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Hey Stevo,

Howz my favorite pickle doing? A pickle never minds a lil bit of the white stuff! Just add some more salt to the brine and it all disappears!

You are one of the pillars of this community and may G-d bless you with a crunchy sound and a bold flavor for all that you do!!!

Keep on Marchin!

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Re: Steve's Journal

Posted by humanbeing - 10 Feb 2010 12:22

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Mega Dittos...V'hamaivin Yavin.

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Re: Steve's Journal

Posted by sci1977 - 10 Feb 2010 14:34

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Steve, how is the snow today? Sorry for keeping you up late last night. Had a little bit of writers block. I knew what I wanted to say but just couldn't get it out of my fingers.

Thank you for reading my thread. I posted something a while back and not sure if you got to read it but wanted to share it again. I am a huge fan of reading your own thread. It shows where you were and where your headed. It is the best source to feel positive about what you have done. If you read your thread especially you will find this internal light bulb will go off. We help others but the best thing we do here is help ourselves.

With an utmost respect and love. BTW, the other night at dinner we had pickles and I started to laugh to myself, Steve would want one of these.

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Re: Steve's Journal

Posted by silentbattle - 10 Feb 2010 16:23

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OK, if i do a 90 day thingie, I've gotta get pickles, 7up, and woodford...and of course, chocolate cake. Not because because it reminds me of anyone on the forum, just because it's good. :D

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Re: Steve's Journal

Posted by OneLife - 10 Feb 2010 18:49

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STEVE,

just tell you that i love you,

and to remind you that i'm clean for already 58 days because of you! :D :D

after 120, you will see your big share in the *olam haba* (not our HABA :D) because of that.

Steve, reading about your family intereactions is always so inspiring! Thank you!!

*HKB"H lo mekapeach schara shel af bria*

KOT!!

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Re: Steve's Journal

Posted by imtrying25 - 10 Feb 2010 21:06

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Family shmamily. I bet you would trade a snow day for a sunny one on any day!!

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Steve enjoy the snow while i enjoy the great weather here in the holyland!