

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 humanbeing - 10 Feb 2010 21:52

Every day I recieve my Chizzuk from Steve...Without my shot of Steve....I'd be lost.

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Re: Steve's Journal

Posted by imtrying25 - 10 Feb 2010 22:07

Me2

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Re: Steve's Journal

Posted by Steve - 11 Feb 2010 06:16

sorry 'bout the hiatus, guys, but life at home gives me no privacy to look up GYE. Specially when the kids are off, they're always lookin over my shoulder.

Dont even have the time now to check out everybody's threads.

Just wanted to check in, & let everybody know I'm thinking about y'all and having youz guys in mind at davenning.

I gotta work a lot on myself. Finding myself too judgmental. Grumbled about a guy driving a plow, who almost knocked over my mailbox. When I told him, he said "well, lots of people's mailboxes get broken when we clear snow." I shouldn't judge him. To be Dan L'Kaf zchus, I figured he couldn't help it if he was dropped on his head by his parents, it's not his fault... No, that didn't work out right...hmmmm..., maybe like the Gemorrah says, we should look for and only mention someone's good points. OK, eh, ... oh, his teeth were white. And he WAS friendly,

tried to help, and i bet his family loves him.

There, i feel much better.

I just LOVE self-improvement.

Oh, and i avoided some second peaks today. So i'm doing good, BH.

G'nite.

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Re: Steve's Journal

Posted by habaletaheer - 11 Feb 2010 10:38

[Steve wrote on 11 Feb 2010 06:16:](#)

I gotta work a lot on myself. Finding myself too judgmental. Grumbled about a guy driving a plow, who almost knocked over my mailbox. When I told him, he said "well, lots of people's mailboxes get broken when we clear snow." I shouldn't judge him. To be Dan L'Kaf zchus, I figured he couldn't help it if he was dropped on his head by his parents, it's not his fault... No, that didn't work out right...hmmmm..., maybe like the Gemorrah says, we should look for and only mention someone's good points. OK, eh, ... oh, his teeth were white. And he WAS friendly, tried to help, and i bet his family loves him.

I would just tell him , "well, lots of people's ~~white teeth~~ windshields get broken with bats when they clear snow"

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Re: Steve's Journal

Posted by sci1977 - 11 Feb 2010 20:41

what a great post. Hope your self improvement goes well. Keep on trucking!!!

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Re: Steve's Journal

Posted by humanbeing - 12 Feb 2010 00:59

OH bless that wonderful jerk for giving you the opportunity to work on your Middos...Oh what a blessing. ;D

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Re: Steve's Journal

Posted by silentbattle - 12 Feb 2010 07:18

Incredible, Steve - how many of us would have even thought of that as an opportunity to work on our middos?!

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Re: Steve's Journal

Posted by imtrying25 - 12 Feb 2010 12:59

[Steve wrote on 11 Feb 2010 06:16:](#)

. So i'm doing god, BH.

G'nite.

Ok steve i understand how you feel about what you did, which is quite wonderful, but to think your god now??

Take it slow bro!! Dont let all this self improvment get to your head.

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have a great shabbos and enjoy the snow. If thats possible at all!

Oh and btw, did i ever tell you that i love pickles?!?

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Re: Steve's Journal

Posted by sci1977 - 12 Feb 2010 14:19

have a wonderful shabbos. KUTGW!!

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Re: Steve's Journal

Posted by humanbeing - 12 Feb 2010 19:21

A Gutten Shabbos...Mishenichnas ADAr MARbim

B'simcha!!!

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Re: Steve's Journal

Posted by OneLife - 16 Feb 2010 08:20

hey steve, where is my rock friend ?

you are 6 days lagging behind me at the WOH,

don't you gonna update it??

say something, GEVER.

love you.

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Re: Steve's Journal

Posted by imtrying25 - 16 Feb 2010 11:28

STEVE!!!!!!!!!!!!!! I WANNA HEAR YOU NOW!!!!!!!!!!!!!!!!!!!!!! NO MATTER WHAT!!!!!!!!!!!!!!!!!!!!!!
SOUR PICKLE OR GHERKIN!!!!!!!!!!!!!! OK LETS START A CHANT!!!!!!

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Re: Steve's Journal

Posted by silentbattle - 16 Feb 2010 14:16

Right - what he said!

How are things going, man?

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Re: Steve's Journal

Posted by bardichev - 16 Feb 2010 17:54

M

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B

B

;D

STEVE I KNOW WHERE U CAN BUY WOODFORD!!!!

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