

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 NOYA - 17 Feb 2010 02:34

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Hey Steve,

Gut Choidesh to you too. What the heck is MABB?

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Re: Steve's Journal

Posted by Ineedhelp!! - 17 Feb 2010 05:17

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Hey Steve,

Sorry I missed your gchat respnose. Dont worry you'll be proud that the reaasn I wasnt there to respond back was becasue I was doing the most unbelievable thing. Its not secret so ill share it with you. I WAS OSEIK BETORAH!! Sorry I left my computer on I usually shut it off when I go to night seder.

All the best!

-Yiddle

**P.S. MISHENICHNAS ADAR MARBIM BESIMCHA!!!**

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Re: Steve's Journal

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Posted by imtrying25 - 17 Feb 2010 11:39

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Hey steve wad up?? Yeah i know the skys but what else?? Drinking yet?? nu what happen to alleh der hachunehs?? Eh??

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Re: Steve's Journal

Posted by Steve - 17 Feb 2010 13:42

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[NOYA wrote on 17 Feb 2010 02:34:](#)

Hey Steve,

Gut Choidesh to you too. What the heck is MABB?

NOYA, I don't know. I'm "stymied!" Go ask Bards & get back to me.

I'll check in w/ y'all later....

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Re: Steve's Journal

Posted by sci1977 - 17 Feb 2010 14:35

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Keep on trucking!!

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Re: Steve's Journal

Posted by silentbattle - 17 Feb 2010 16:01

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Glad to have you back, Reb Steve!

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Re: Steve's Journal

Posted by habaletaher - 18 Feb 2010 08:31

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[Steve wrote on 17 Feb 2010 01:48:](#)

Like I didn't know about the BUZZ GARBAGE that was done to our anonymity until SUNDAY NIGHT when tomim2B got in touch with me at 2 am and helped me fix it.

Hey Stevo,

How you been my man? What are you talking about the buzz done to our anonymity? Could you please send me a PM about that?

Thanks and keep on fighting the good fight, we are so close I can smell 90 already... and it smells like a good steak, medium rare, with Montreal Steak Seasoning lathered liberally all over it....

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Re: Steve's Journal

Posted by OneLife - 18 Feb 2010 10:45

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[habaletaher wrote on 18 Feb 2010 08:31:](#)

and it smells like a good steak, medium rare, with Montreal Steak Seasoning lathered liberally all over it....

rare ? ???

medium-well!!!

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Re: Steve's Journal

Posted by Momo - 18 Feb 2010 12:24

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Hey Steve, how's it going?

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Re: Steve's Journal

Posted by sci1977 - 18 Feb 2010 15:48

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Steve, hope all is well with you today. KUTGW!!

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Re: Steve's Journal

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Posted by silentbattle - 18 Feb 2010 16:17

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[OneLife wrote on 18 Feb 2010 10:45:](#)

[habaletaher wrote on 18 Feb 2010 08:31:](#)

and it smells like a good steak, medium rare, with Montreal Steak Seasoning lathered liberally all over it....

rare ? ???

medium-well!!!

Oy vey...Reb OL, I love you. But when it comes to steaks, I think you need me to make a good one for you. Steak is supposed to be eaten either medium-rare, or possibly even rare. At most, medium. You might not like the look of the red, but 1)it taste betetr that way, and 2) it's much more juicy and tender. The more you cook it, the more tough it gets.

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Re: Steve's Journal

Posted by Steve - 18 Feb 2010 16:53

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Good Mornink, people!

Haba, I sent you a PM response to your question about Gmail & the Buzz. I urge anyone who did not take care of this problem to do so immediately, thru contacting Tomim2B. He can help you fix it in just a few minutes.

SB, you're right, as my tastes have refined I'm liking my steaks better just under Medium. One day when my grill isn't covered in snow, I'll invite y'all to a BBQ. I make a mean Honey-teriyaki steak sauce...

Sci, I looked over what you wrote in your Journal's pages 15-17 about MM. I'm sorry I wasn't there for you at the time. May Hashem fill your loss.

I'm having very mixed emotions right now. Struggling over financial constraints is putting a lot of tension between me and my wife. I have to work very hard to get out of these doldrums.

I HATE MONEY AND THAT I AM DEPENDENT ON IT TO SURVIVE.

I wish I was on the madrega that Hashem would support me with Manna, let my clothes grow with me (did they diet in the Midbar?), and there would be no tuition payments or mortgages.

Some of you think I've got the system beat, that I'm over the lust issues, and I'm fine. WRONG. It's back there, looking to rear it's ugly head. When I'm down or just not B'Simcha, or unproductive, I see it tempting me, poking me with little slip offers here and there. Even tho i see it for what it's worth, self-indulgence and to numb my self pity, it's trying to get to me. I've felt the need to PHYSICALLY turn away, shake my head to get rid of thoughts, run to a different room than the one I was tempted in, say NO out loud to my YH, think that I've got to hold strong for all of you who are counting on me, and mostly for myself. I KNOW like I believe in Hashem that if I give in to lust even a little, I will not be able to stop myself, or my YH will bombard me with ever lower opinions of myself again.



I WILL NOT GIVE IN!! HASHEM PLEASE CONTINUE TO GIVE ME THE STRENGTH TO RESIST!!!

I look at all of you, and right now more Sci, and I see levels of honesty and integrity I have yet to attain. and I wonder if I can be as brave as you to walk away from the distracting Yetzer Haras of procrastination and sloth, get over my fears of making/breaking it, and live my life to the fullest the way Sci describes. I always tell everyone else to be positive, find the good, but I am having a very hard time living up to that myself.

I guess I just have to get out of this "funk". I'm gonna add some chocolate to my coffee, and get back to work. Daven for me, please. I need a lot of help...

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Re: Steve's Journal

Posted by silentbattle - 18 Feb 2010 18:10

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Absolutely davening for you, my friend.

I'm glad to hear that you're not "over" the issue of lust - because if you thought that you were, then we'd have a *real* problem! :D

Steve, I hope you're serious about that barbeque offer, because I'm ready to take you up on it!! ;D

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Re: Steve's Journal

Posted by imtrying25 - 18 Feb 2010 18:31

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Steve if you were trying to be honest, that was a very very good start!!!!

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