

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 imtrying25 - 24 Feb 2010 11:49

This post has proven to me, that even though you left for awhile you still didnt lose the knack of writing really long posts!! Shewwwwwwwwwwwww!!!! I was starting to get nervous!!

Ah freilechen purim!!!

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Re: Steve's Journal

Posted by sci1977 - 24 Feb 2010 14:46

Glad to hear you are doing OK. I have found that working is a huge way to channel the energy I used to use regarding the time I used to spend. I think the more you focus on work, the better you will feel. KOT!! LOVED the post.

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Re: Steve's Journal

Posted by humanbeing - 24 Feb 2010 18:40

Steve...You really know thyself...Thank you for being such a good friend. DC's Group was inspiring and if it can help an enlightened fellow as yourself...Anan Ma Neinei Basrei...It is so beautiful to be there with so many truly beautiful people.

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Re: Steve's Journal

Posted by silentbattle - 24 Feb 2010 19:30

Steve - insightful as always. Glad to hear that overall you're doing well, and although there are

still issues you want to improve on, this lesson was relatively cheap - certainly cheaper than it might have been. Take advantage of it!

Sorry I didn't make the call today, I didn't really read your message till it was too late!

Keep on rocking!

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Re: Steve's Journal

Posted by Steve - 24 Feb 2010 19:50

SB, the first call was a lot of set up as AT LEAST 37 PEOPLE were signing in! That's so GEVALDIGE, and a real testimony to DC's effectiveness and what the program promises. There were some introductory remarks, and based on my experience, there was NOTHING mentioned in "outside" remarks that will not be repeated several times throughout the program. We read today from the Big Book's "Forward" introduction page, and tomorrow we start on the first page of "the Doctor's Opinion" chapter from the introduction. So it will be very easy for you to join in tomorrow, without feeling you missed anything irretrievable.

So I hope to see you and everybody else there. Have an EASY and MEANINGFUL TAANIS.

We are now entering into our national days of redemption and freedom. **This is so appropriate that we begin also our own, personal season of redemption and freedom.**

Yehi Ratzon that we all succeed and grow together, and may HKBH fulfill one of my most fervent wishes, that i get to dance soon B'Simcha Gadol in the Beis Hamikdosh with all my chevra from GYE!!

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Re: Steve's Journal

Posted by silentbattle - 24 Feb 2010 20:02

Amen!

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Re: Steve's Journal

Posted by habaletaher - 25 Feb 2010 08:12

Hey Boys,

How y'all been?? Wishing you all a Purim that is soooo heilig that your neshama gets blasted 12 mil back, and the malachim should need to reconnect your body and soul!!!!

I've been so busy that I've been out of it for a while... but my love for my GYE people has not diminished, and my hakaras hatov grows each day. I just hit day 71!!!! I have not had such a long clean streak in probably 5 years!!!

Thanks Thanks Thanks!!!

Have a L'Chaim for me on Purim, and I'll do the same for you!! For each one of you!! Yes, that's right for each and every one of you, and two for Reb Gaurd!!!

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Re: Steve's Journal

Posted by Steve - 25 Feb 2010 21:27

hi guys.

bummer that the calling card I was using to call the DC calls just realizes it's a conference call and bumped me up to 10 cents per minute instead of 1.7 cents that i had before! Tried another

card, and they want to charge me 3 cents per minute. THAT'S \$9 PER WEEK!! I cant afford that, even tho it's worth it!

I can't use my cell, the number will be a red flag to my wife who doesnt know about GYE.

The GYE link to free internet VOIP is also not free anymore. I didn't look how much it costs yet.

Anybody have another REAL EITZA for me to get free or VERY CHEAP long distance calls to i can not miss any days?

Thanx!!

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Re: Steve's Journal

Posted by Steve - 26 Feb 2010 04:39

OK EVERYBODY, IN HONOR OF BARDS WE GOT THE CAPS LOCK ON...

THIS IS MY LAST OP TO POST B4 PURIM, SO I VANNA VINCH Y'ALL Y'ALL

A FREILECHEN PURIM!!

AND I HEREBY ANNOUNCE THAT AT 5PM EST. PURIM DAY, I WILL (BLI NEDER) BE LIFTING A CUP OF WINE AND MAKING A SPECIAL L'CHAIM IN HONOR OF ALL MY GYE FAMILY!

PLEASE JOIN ME, AS WE TOAST EACH OTHER, "IN HONOR OF MY MOST SPECIAL FRIENDS ALL OVER THE WORLD!!" LETS ALL DO THIS AT THE SAME TIME, WHEREVER

YOU ARE, AT 5PM EST (YOU FOLKS IN EY WILL HAVE TO HAVE A SECOND ROUND AT
:D ;D) !

THIS WAY WE ALL KNOW WE'RE TOGETHER WHEREVER WE ARE!

11PM, HOPE YOU'RE SOBER ENOUGH TO DRINK AGAIN

IF IT MUST BE, MAY THIS PURIM BE OUR LAST ONE IN GALUS!!

LOVE YOU ALL!!

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Re: Steve's Journal

Posted by Ineedhelp!! - 26 Feb 2010 04:47

Have an amazing uplifitng purim, steve. One in which you grow much closer to Hashem and gain great strength.

-Yiddle

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Re: Steve's Journal

Posted by silentbattle - 26 Feb 2010 07:44

How about using google voice - wouldn't that be free, and totally anonymous/untraceable?

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Re: Steve's Journal

Posted by Steve - 01 Mar 2010 20:00

A Freilechen Shushan Purim!!

Well, after sundown tonite, I want everybody to whistle happy birthday to Duvid Chaim. You heard me, WHISTLE, not sing.

And after you're done, treat yourself to a great big belly laugh.

Purim was a grand ol' time, BH, and I hope y'all were able to lift a glass and toast each other at 5pm EST yesterday. I had asked someone to remind me at 4:59, but that person was drunk, and I was in a state of L'Meilah Min Hazman meself, so at that time I was with you in spirits.

I heard b'shem the Chassam Sofer that when Haman indicted the Jews to Achashveirosh and said "Yeishnu Am..." (There is this nation...) he was saying "YeShanu", (they are sleeping), meaning the One Nation is now sleeping in their achdus, they are spread out all over the globe and have no unity, and now is the time we can get the upper hand on them. Esther's answer to Mordechai was to "gather the Jews together" and rebuild the achdus, as they all pray for each other's lives.

We are weakest and most vulnerable when our connection to each other, to the Torah, and to Hashem is broken, but when we rebuild that union we get Hashem back on our side and through Him become invincible, for He guards us saves us from our enemies.

The Parsha mentioned the Shoham stones that were to be engraved with the names of the Shevatim, and worn on the shoulder straps of the Kohein Gadol's Ephod. What were these Shoham stones? The Rebbainu Bachya says the letters Shin-Hey-Mem can be recombined to spell Moshe, and also to spell HaShem. When Moshe broke the Luchos, that shattered the connection between Hashem, Moshe and the B'nei Yisroel. These Shoham stones were Hashem's way of showing that that connection had been rebuilt by the teshuva of the Jews after the Chait HaEigel, with the names of the tribes engraved upon it, and the name that spells also Hashem and Moshe.

I would like to add to this by questioning why couldn't the second Luchos accomplish that sign? After all, didn't they physically replace the first luchos, which according to this idea were the symbol of the achdus between Hashem, Moshe, and Klal Yisroel?

I think an answer could be that we did not get back to the same level we had achieved at Matan Torah, so we could no longer rely on the luchos alone, which by virtue of their remaining unseen in the Aron were for us a purely conceptual symbol of this message. We needed a physical "actualized" reminder, one which requires being visible, and therefore require constant reinforcement to have practical benefit. The Shoham stones were worn on Aharon's shoulders, conveying the message that he had to carry the burden of tribes, signified by their names, on his shoulders. He had to don these stones every time he put on these special clothes of the Kohein Gadol, assuming daily the mantle of leadership and responsibility of caring for the entire Jewish people.

Achdus, true unity, is not just a warm fuzzy feeling to be hidden away in one's heart. What builds our people's connection to Hashem and the Torah we received thru Moshe, is the achdus we build through being "nosein b'ol chavero", putting our own shoulders to the work, to help carry the burden of our friend.

With all the Tzedakah given out Purim Day, we had a tremendous outpouring of Achdus. Now that we are all out of money, we can still move on to get involved in the lives of struggling families, children, parents, the lonely and the sick. Visit, get involved in tzedakah organizations that pack & deliver food to the needy, be a Big Brother or a Big Sister, offer to tutor a child from a poor family - ease the burden any way one can, there are so many ways that have very little to do with money and have everything to do with time.

We addicts suffer from isolation and poor self image. We can get ourselves out of isolation and to really understand our self-worth by finding ways to be of service to our fellow Yidden. And even tho at first I might be doing this for my own needs (ie. therapeutically), eventually it will awaken my heart to be doing it more for their needs and less for my own - Lo L'shma, Bo L'shma.

By finding new ways to see ourselves in a positive light, we can combat the negative self-images that feed off of our R.I.D. and lead us down the path of acting out and other self destructive behaviors. When I become valuable to other people, I have more value to myself, and I rebuild the shattered relationship not only between myself and Hashem, but between Hashem and the rest of our people. And I can learn Torah with more excitement and earnest desire, because I feel closer to Hashem and feel his desire for me.

Have a GREAT WEEK everybody! I love you all!!

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Re: Steve's Journal

Posted by 7yipol - 01 Mar 2010 20:47

PACE!!!

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Re: Steve's Journal

Posted by NOYA - 01 Mar 2010 20:53

Hey Steve! Keep up the good work, man. And please allow me to suggest a powerful eitzah I use to ensure I don't goof off when I'm supposed to be working. What you got to do is promise yourself before you even sit down at the computer that you will adhere to the following activities and the following actiivites only:

Here's a sample itinerary.

1. Get some background music going with pandora.com
2. Check your email for important messages. Under no conditions should you click ANY LINK because you have to stay focused and do exactly what you set out to do.
3. Load up your work files and get to work. Don't open up your web browser even unless it's on your to-do list you thought up.

And this way you should be able to avoid problem. I personally had problems with "borderline" Google searches, but after I instituted this new policy, it's been easier to control.

I am LOVING DC's calls btw.

KUTGW!

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