

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 Steve - 04 Mar 2010 05:30

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Ok guys. HOME STTRRRRREEEEETTTTCCCCHHHHH!

just finished day 80. No Porn, no acting out, "nonE needed or wanted", and the Big 90 is only 10 days away!!

I have been so inspired by youz guys it's amazing to me.

YH is pullin out the stops now. He's throwin "pink slips" at me all over the place, but i'm gonna stand tall. Just Say No to Drugs-of-choice!! Gotta remember it's an allergy, i can't touch a drop. CNN, outa here - I don't need to see the picture icons that I'm never gonna click on, I don't need your ads. Good Bye to humor sites and funny videos. My LIFE is waiting for me. Goodbye distractions and GOOD RIDDANCE!!

Facing life is scary at first, but know what? IT'S LIFE!! And i'd rather have THAT than the alternative.

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Re: Steve's Journal

Posted by habaletaher - 04 Mar 2010 09:02

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Hey Steve,

Please check out my thread....

Thanks

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Re: Steve's Journal

Posted by humanbeing - 04 Mar 2010 22:32

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Go Steve GO!..... 90 the big Tzaddik....

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Re: Steve's Journal

Posted by silentbattle - 04 Mar 2010 23:12

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Well said - any party planned for the big 9-0?

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Re: Steve's Journal

Posted by sci1977 - 05 Mar 2010 18:36

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80 days is great. KOT!! Take it day by day and all will be fine.

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Re: Steve's Journal

Posted by Steve - 05 Mar 2010 19:40

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The YH is mamash working OVERTIME. He's seen he can throw all the pritsies on the East Coast in front of me, but this fish aint biting!

Next, I went into Barnes & Nobles today looking over a table of books for children, and under a kids level book on the top layer, someone had left a filthy magazine, which I immediately turned from looking at even a first time. It was probably mens & women's bodybuilding mag, I don't

even know cuz I didn't even look enough to read the title. (I sure hope B&N doesn't carry the real worse stuff!) I just saw there was much more skins than shirts on that cover, and turned my head. Disgusting that someone would leave that where a browsing child might find it! I tried to turn it over, but saw out of the corner of my eye that the back was as filthy as the front! I rolled it up and threw it behind some mens fishing mag on the racks, while looking the other way. I was so embarrassed just holding the da\*n thing. i wanted to walk over to a manager and complain, but I couldn't bring myself to walk through the store holding that filth, especially in a black hat and jacket.

I just know he's gonna find some way to make me depressed or in pain so I'll slip and fall, but NO WAY HOSE - I'm on my Guard, and I'm gonna pull out my OWN stops and work EXTRA HARD on my shalom Bayis and davening and learning this Shabbos.

Daven for me, my Holy friends, and we'll be in touch Sun or Monday.

I love you guys, I really do. My life is SOOO much more complete now that i have you all with me!

Have a GREAT SHABBOS!!

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Re: Steve's Journal

Posted by the.guard - 06 Mar 2010 18:05

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I'm on my Guard

No puns intended, needed or wanted.

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I smell a 90 coming up...

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Re: Steve's Journal

Posted by silentbattle - 07 Mar 2010 01:08

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They y'h (I was going to use capital letters, but I didn't think it deserves that) will use anything he can...

Sounds like you're doing wonderfully! So glad to hear!

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Re: Steve's Journal

Posted by bardichev - 07 Mar 2010 01:15

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Steve will make it!!

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Re: Steve's Journal

Posted by NOYA - 07 Mar 2010 02:52

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Yay Steve! I'm so excited for you, getting so close!

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Re: Steve's Journal

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Posted by Momo - 07 Mar 2010 06:25

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Steve, YOU 'DA MAN!!!

Don't listen to the Y"H, no matter what tricks he pulls this week. You've got him running scared.

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Re: Steve's Journal

Posted by sci1977 - 07 Mar 2010 18:25

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My friend you are truly inspiring. KOT!! I love the attitude you have. I find it so cool how upset you were not only where you found it, but that you even found it at all.

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Re: Steve's Journal

Posted by Steve - 07 Mar 2010 18:26

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Thanx for the chizuk guys. This pickle would be so sour without it....

Catch you all later.... gotta work now....

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Re: Steve's Journal

Posted by NOYA - 09 Mar 2010 20:31

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Steve, great job on the call today. I really understood when you were talking about how lust carries over to the way we act in general, especially regarding procrastination. I had a rotten day like that two days ago, and BH I'm out of it now. Thanks again, and keep on being super duper!

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