

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 - 14 Mar 2010 22:01

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Once I had a Yetzer Hara

For Tznus that I let pass,

I hit him hard and knocked him down.

And kicked him in the....

Knee.

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Re: Steve's Journal

Posted by Steve - 14 Mar 2010 22:31

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OH!! MY MISTAKE!!

I started on a Monday, so Day 7 was a Sunday, so 12 weeks later day 84 was Sunday (this past Sunday), so 85 was Mon, sooooooo...

**DAY 90 WAS SHABBOS KODESH!!**

***I FINISHED THE 90 ALREADY!!***

B"H YISBORACH!!

I'm already technically in the middle of Day 91!!

Funny how those milestones of life creep up on you, and then they're past before you know it!!

THANK YOU TO ALL MY FRIENDS HERE AT GYE WHO HAVE HELPED ME GET TO THIS POINT!!

For years i had given up hope of ever getting FREEDOM from this Yetzer Hara, and B"H thanx to y'all I have seen how to get there, and have even begun to taste it.

**I love this place.**

G-D bless Guard and his entire family with Health, wealth, and a home where the Shechina loves to come to!!!

*May it be Hashem's will that we can all dance b'simcha VERY SOON together in the Beis Hamikdosh, B'mhaira B'Yomeinu, AMEN!!*

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Re: Steve's Journal  
Posted by Dov - 14 Mar 2010 23:01

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v'Amein!!

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Re: Steve's Journal  
Posted by Yosef Hatzadik - 14 Mar 2010 23:02

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That is 90 times!!!

Imagine a professional boxer going up to the boxing ring himself. He throws a few punches at an imaginary opponent and after a few minutes claims victory. Is there any value to his victory? What did he win? Only if there was another guy in there with him trying to get him down and he ended up being the last man standing does he have what to proud of. If there wouldn't have been a Yetzer Horah pulling us in the other direction 90 days wouldn't earn you bragging rights.

After a journey such as yours, YOU DESERVE TO BE PROUD!

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(How I wish I was also already where you are...)

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Re: Steve's Journal

Posted by zalmandovid - 15 Mar 2010 00:50

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Yasher Koach Steve!!

You have such a big Zechus. Many people will see that you have accomplished this and will get Chizuck in their personal journey! Me you go From strength to strength in positive growth. Hashem will surely see this and bless you profusely with only revealed good in your life.

Your friend and admirer

Zalmandovid

PS

Are you a half sour or full sour?

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Re: Steve's Journal

Posted by sci1977 - 15 Mar 2010 02:54

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Mazel tove on 90!! I knew you would get there. KUTGW!! I hope you have a wonderful week.

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Re: Steve's Journal

Posted by bardichev - 15 Mar 2010 04:14

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I am sppeechless!!

Mazal Tov!!

Wow!!

Speeeeeeeecless!!!

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Re: Steve's Journal

Posted by Momo - 15 Mar 2010 08:51

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**MAZAL TOV STEVE!**

**YOU 'DA MAN!**

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Re: Steve's Journal

Posted by Gabe - 15 Mar 2010 10:20

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I've come out of hibernation to wish you, Steve, a massive mazel tov. What a huge achievement this is. You've come along way and everyone here is proud of you.

You're one heck of a pickle!

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Re: Steve's Journal

Posted by bardichev - 15 Mar 2010 11:08

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Mazl toiv!!!

I'm having woodford and pickles for breakfast!!!

Steve whayt a nachas!!!!

You are a gadol hador ( yes kupat hair will come take pictures later today)

Really u are a gadol and if I may say at your age !!! Yes chevra we must learn mesechtas steve over and over

Its never too late to take the YH on

No matTer how old one is

Ahhhhhhhhh

GEVALDIGGGGGGGG!!!!



Bards

Oh steve if u see an 18 wheeler in front of your house..

.. Its me

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Re: Steve's Journal

Posted by 7yipol - 15 Mar 2010 11:15

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Oh steve if u see an 18 wheeler in front of your house..

.. Its me

...and if you see a huge bottle of 7UP in front of your house...

it's been delivered by Bards!

Mazal Tov to a fellow senior citizen! We are all shepping old fashioned yiddishe nachas.

\*sniff\*

I think Im going to cry,

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Re: Steve's Journal  
Im just so happy for you!  
Posted by thinkgood - 15 Mar 2010 14:27

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Mazel Tov

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Re: Steve's Journal  
Posted by bardichev - 15 Mar 2010 14:37

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Shteev vant bist du?

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Re: Steve's Journal  
Posted by cleareyes613@gmail.com - 15 Mar 2010 14:38

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Mazel Tov Steve!! May u continue up the path you are headed.

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