

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 Dov - 26 Mar 2010 21:31

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[Steve wrote on 26 Mar 2010 17:57:](#)

This is a special message to us addicts - it DOESN'T MATTER that we're stuck now in the muck! On Pesach we can START A NEW SLATE by recognizing that HASHEM is the one in control of our lives, and determine to give up the fallacy that WE are in control. LET HIM CARRY YOUR BURDEN. Move forward OUT of our personal Mitzrayim, and DONT LOOK BACK!!

Chag Kasher V'Somayach! May we all FEEL the Kedusha, and always remember how MUCH Hashem Loves us!!

Beautiful and thanks again Steve! One caveat: I believe that this portion of your post even applies to us if we are not clean. In fact, I believe it even applies to us while we are acting out with lust. In the very depths of our losing and weakness, Hashem still sees us this way - otherwise how do any of us ever get His help to get clean? True, some out there fear to say this stuff because to them, admitting this fact sounds like it's really OK to do horrible aveiros. Nothing could be farther from the truth. Nobody would ever get the help to do teshuva is Hashem really hated us for doing rotten stuff. And that has to include even the most horrible rotten stuff ever, or it includes nothing at all.

That's why so many of us shrink from taking that actual step into recovery (or teshuva, if you want to see it that way). We say in our hearts, "yeah, yeah, Hashem forgives and treats avaryonim nicely - **but I'm different.**" or "...not the stuff that **I** did because I'm a talmid chochom and should have known better, so it's worse!", or "If they saw what **I** did, they'd never say He *still* wants me..." And other lies.

He desires us and loves us even while we stomp on His Will, on our families, and on ourselves.  
And He helps us get right.

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Re: Steve's Journal

Posted by briut - 28 Mar 2010 22:11

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[Steve wrote on 26 Mar 2010 17:57:](#)

OK, gang, here's a Pesach Vort that has me on a high, that started from a gevaldige Hero and fellow Chaver on Duvid chaim's call named Shlomo 2, who heard it from Rabbi Reisman.

Beautiful. A loving thought. I'm planning to use this at my family-only seder this year. (I might redefine shmutz, for the sake of my kids. But even so....) Thanks, Steve (and Shlomo2). - Briut.

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Re: Steve's Journal

Posted by trying123 - 29 Mar 2010 08:17

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[dov wrote on 26 Mar 2010 21:31:](#)

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You know what I am realizing about myself....?

Perhaps my biggest issue is the feeling that mistakes should never be made...

My parents would torment me for a single step out of line it made absolutely no difference if it was by mistake or not...

NEVER EVER EVER EVER DO ANYTHING WRONG OR ELSE....

I live my life in fear of making mistakes. Almost everyhting I do in Yidishkiet is because I just can't be a bad guy I just can't NOT do what's right. It is not even fear of heaven it is fear of being caught doing something that ought not to be. I put on tefilin for the some reason I wont spend a dime more than I need to and for the some reason I wont leave dirty dishes over after I eat... because then I'll be a "bad boy"...

But I think that mistakes are allowed.... You can't live in fear of making mistakes. A Mommy knows that the kids wont always behave are they bad? NO we just gotta figure out how to encourage better behavior... The same with Yidishkiet... Your not BAD your not OVER WITH we just simply have to figure out how to do it better next time. G-d isn't expecting you to not fall... He is expecting you to try not to and learn and move forward and improve....

Whatever.... I feel like I'm rambeling... most of you guys wont identify with this... but to me this is Yisod Hayisodos... It address a core issue of mine... namely a total lack of tolerance and thus fear of normal human flaws.... and then we (or I) need to build all kinds of defenses to mitigate the inevitable fact that I am imperfect that I have flaws that I've made very real mistakes... Instead we blame this one and that one and this and that... No it's me.... but so what... Shed a tear etc. etc. and move on... You are not perfect It is OK for you to make a mistake...

Blah... can't continue...

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Re: Steve's Journal

Posted by Dov - 29 Mar 2010 19:53

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[Tried-123 wrote on 29 Mar 2010 08:17:](#)

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First of all, what gives you the idea that most of us won't identify with you? What, are you "*super-wierdo*" or something? We are *all* weirdos here - just like you! (except for Guard, of course....I can't say exactly what *he* is.... :-\*)

Second of all, I forgot what second of all was. Have a great yomtov!

Oh, *that's* what it was: Have a great yomtov!!

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Re: Steve's Journal

Posted by stevec613 - 02 Apr 2010 12:38

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Steve,

Congrats on your continued success. Wishing you a good shabbos and a good yom tov.

SC

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Re: Steve's Journal

Posted by the.guard - 06 Apr 2010 21:31

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Steve, Bards, Dov and Tried123... **wow, what a thread**... just reading through it now. All such

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Re: Steve's Journal

Posted by zalmandovid - 06 Apr 2010 21:58

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Hey Steve,

I hope your Pesach was beautiful. As Pesach leaves us I would like to give you a Bracha that you should continue to only have good in your life. May Hashem shower down Brachus for you and your family Berevach in all things!!

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beautiful posts!! :'(

Re: Steve's Journal

Posted by sci1977 - 07 Apr 2010 15:20

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Hey Steve,

Hope all is well. Back in the GYE saddle.

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Re: Steve's Journal

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Posted by bardichev - 07 Apr 2010 15:35

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steve?? ay ehh kaahh???

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Re: Steve's Journal

Posted by Dov - 07 Apr 2010 21:37

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What Reb b means is, (tell me if I am right): "wheredeheckahhhhhyoo Mr. Pickle?"

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Re: Steve's Journal

Posted by Steve - 07 Apr 2010 22:26

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Pickle checkin' in.

Post Pesach Pickle Posts Postponed Pending Particulars Putting Pressure Precisely Past  
Personal Precious Priorities.

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Re: Steve's Journal

Posted by bardichev - 07 Apr 2010 22:28

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we wish u

a wonderful woodford winter oops i mean zimmer ..summer!!

steve get out of your hiding place

say hello to the oilam

keep on truckin!!

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Re: Steve's Journal

Posted by Holy Yid - 08 Apr 2010 00:31

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the letter after O is broken on my com\_uter so I can't respond a\_\_ro\_riately. Anyways what is going on with you?

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Re: Steve's Journal

Posted by Dov - 08 Apr 2010 02:40

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[Steve wrote on 07 Apr 2010 22:26:](#)

Pickle checkin' in.

Post Pesach Pickle Posts Postponed Pending Particulars Putting Pressure Precisely Past Personal Precious Priorities.

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Wow. So Mrs Pickle's real name is "Particulars"? is that Yiddish, or something? Does she pronounce the "s" at the end like a "z"? Is this too personal? Zorry.

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