

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 sci1977 - 16 Apr 2010 15:59

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KUTGW and have a wonderful meaningful Shabbos.

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Re: Steve's Journal

Posted by zalmandovid - 16 Apr 2010 17:40

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Steve you are way cool. Your posts are always very enlightening. My family situation is also sort of messed so I relate to a lot of what you write. Have a pleasant Shabbos.

ZD

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Re: Steve's Journal

Posted by silentbattle - 16 Apr 2010 20:09

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Steve, you are a perfect example of why I love this forum. People who are seriously growing, and are self-aware, and face the issues that come up in their lives, and work on them!

You rock!

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Re: Steve's Journal

Posted by the.guard - 17 Apr 2010 17:58

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[silentbattle wrote on 16 Apr 2010 20:09:](#)

Steve, you are a perfect example of why I love this forum. People who are seriously growing, and are self-aware, and face the issues that come up in their lives, and work on them!

You rock!

ditto :D

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Re: Steve's Journal

Posted by Steve - 18 Apr 2010 11:40

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hi guys!

Hope u all had a pleasant shabbos.

Got up early for me 2day, went to an early minyan and came in to my office to get 2 hours of work done before my sunday seder. Trying to make effective time management changes. Lots of tension tho. I store it in my back and neck. AAAARRRRGGGGHHHHH!!! Dang I need a good back and neck rub.

Have a GREAT DAY everyone. Remember Hashem Loves you. Think Positive. Be Good. Eat Chocolate.

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Re: Steve's Journal

Posted by silentbattle - 18 Apr 2010 17:13

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Glad to hear that you're growing and moving forward!

And chocolate is always good! ;D

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Re: Steve's Journal

Posted by Steve - 18 Apr 2010 21:12

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Hi again guys.

Just wanna touch base and say that even tho SO FAR today's been a little challenging, I'm thinking of all of us strugglers and gathering strength from Hashem AND you all, and I'm gonna remember to PAUSE and STOP and THINK before i make any wrong moves.

Like I had a tough bus. meeting that went way overtime and nerves, so I was ripe for RID to say the least - then driving back, Mr. Menuval placed a pretty lady in a car next to mine. BH i only noticed her out of the corner of my eye, and when the YH said LOOK AGAIN I was aware enough to say WHY AM I FEELING LIKE I WANT TO? My mind answered CUZ YOU'RE UPSET AND WANT TO FEEL PLEASURE RIGHT THIS INSTANT - C'MON, IT'S ONLY A GLANCE, AND ONLY A FACE, FOR CRYIN OUT LOUD!! And then knowing that, i was able to say NO, I DON'T NEED THAT KIND OF PLEASURE and was able to turn away with no second look. ONE SECOND LATER the traffic moved and she was gone - AND I FELT NO LOSS.

Guys, we have to realize that EVEN WHEN WE LOOK, the pretty girl is gone in a moment, AND WHAT DID WE GAIN? NOTHING!!! Adarabbah, what we LOST was tremendous, cause we wired our brain at that moment, we conditioned ourself, to want to look, to give into our teivos all the more. next time will be harder to avoid, not easier, and maybe a bigger slip, or the straw that breaks our resolve for good, chas v'shalom!!

And remember something else, guys - you know you've felt this - even after you look, and then 5 seconds after she's gone from view, you've forgotten about her anyway, she means nothing to you anymore. So if instead of looking, you can keep from looking until she's past and it's no longer possible, and then you realize **YOU LOST NOTHING. BUT YOU GAINED ETERNITY!!**

Now, take it up a notch and apply the same method to viewing porn & acting out. The urge comes, **GET AWAY FROM THE SCREEN** and the opportunity to peak easily. **RUN AWAY!!** Get involved in something else, get your head out of it. call a friend or a sponsor! **AND SCREAM OUT TO HASHEM RIGHT THEN - SAVE ME!!** - You'll see that after a few moments the urge should lessen, if not disappear completely for the moment.

And then you'll realise, by **NOT** looking, by **NOT** doing, you didn't really miss or lose anything. Cause at that second it means nothing to you anyway. And then you realize **WHAT YOU GAINED!!**

May Hashem give us of His strength to **RUN** from the battlefield until the enemy shrugs his shoulders and goes back home.

See you tomorrow, gang...

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Re: Steve's Journal

Posted by Steve - 18 Apr 2010 21:16

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Yo, guess what?

Day 125. add that to my first 55 days. That's 180!!

**10 times L'chaim, everyone!!**

## LET"S DRINK AND TANSE!!

(the woody's on bardy...)

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Re: Steve's Journal

Posted by Dov - 18 Apr 2010 23:25

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Dear Steve,

Mazel Tov on your gift of so many consecutive days! It's a gift that never really stops giving - unless you do. (boy, was that profound)

Also, thanks so much for the lady-in-the-car-next-to- yours scenario above. I really thought I was in a rare minority of weirdos. Now I see that it's one weirdo less "*a rare minority*", than I thought it was! If Mr menuval can keep this up long enough, my friend, we may be the majority some day! ...just kidding. That desperation to catching a good look at a pretty face is a "gateway drug" for me, usually ending me up in a cat-and-mouse game (nowadays they just call it "*stalking*" and ya get arrested for it) and dug me ever deeper into that secretive yucky lifestyle, Hashem yishmereini...

Vive' le bizzarrex!

Dov

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Re: Steve's Journal

Posted by silentbattle - 19 Apr 2010 13:14

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Hey, Steve...I'm stealing your line. Just thought I'd let you know (see my new signature).

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Re: Steve's Journal

Posted by Steve - 19 Apr 2010 15:58

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No problemo, SB.

My attorney will be contacting you to settle on the royalty fees.

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Re: Steve's Journal

Posted by silentbattle - 20 Apr 2010 02:10

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Worth it! ;D

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Re: Steve's Journal

Posted by Steve - 21 Apr 2010 20:35

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Man, if i don't post every day, I'm gonna end up on page 2!! There's so much beautiful activity going on over here!!

Well, we got DC's Step 4 sheets today. I think this group is going to have it much smoother to accomplish this step than we did last cruise. Before, some of us had a lot of hang-ups filling out the sheets. Particularly some who had unfortunately been victims of unspeakable abuse, with memories and emotional reactions which they had hidden in order to "survive", but which were haunting them none-the-less and needed to be addressed. I think that by DC suggesting we start at bar mitzvah age, for the purposes of the exercise and it's 5th step outcome, we will circumvent such issues this time. If such issues exist among this chevra, perhaps they could speak it out with DC on a separate sheet or call. The purpose here is to deal with resentments



and fears that have more of a recent impact in our day-to-day lives.

Too bad tho. i still want to throw a brick thru Allen & Jerry's Office window. Those two guys, as kids, really traumatized me. WAIT! I GOT IT!! OK, here goes:

"Hashem, I can not do this alone. I am tired of HATING two mixed up Jewish boys for what they did to me as a child. Please Hashem, it is too much for me. I am not in control, I never WAS in control. please Hashem, if it pleases You, please throw a brick thru their office window, and may no one be physically hurt. Thank you. i am ready to move on, and forgive them. prefereably after You throw the brick, but it is not me-akeiv. really. it's OK. I don't even need to know if the brick was thrown. i am giving it over to You. Amen, Kein Yehi Ratzon."

hmm... i kinda feel better now. kinda.

Have a GREAT NIGHT everyone, and remember -HASHEM LOVES YOU MORE THAN YOU'LL EVER KNOW!

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Re: Steve's Journal

Posted by Dov - 22 Apr 2010 03:17

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CCCCRRRRRRAAAASSSHHHHHH!!!!

Jerry: "what the...?"

There. Feel any better, amigo?

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