

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 - 30 Apr 2010 18:20

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Have a wonderful Shabbos my friend.

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Re: Steve's Journal

Posted by Yosef Hatzadik - 30 Apr 2010 19:06

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Reb**Steve**, do you eat **pickles** with your chulent?

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Re: Steve's Journal

Posted by Steve - 05 May 2010 19:41

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Oh YEEEEESSSSSS!!! It's GOOD to be back!!

Thank you for striving 'round the clock for us perverts. Thank You!!

I think Guard is right again, we have an addiction to this forum, and BH we have have our Drug of Choice back. All we need now is a Bardy Fix.

Have to get back to procrastinating. Can't put it off any longer.

Be well, everyone!!

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Re: Steve's Journal

Posted by Yosef Hatzadik - 05 May 2010 19:52

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[Steve wrote on 05 May 2010 19:41:](#)

Have to get back to procrastinating. Can't put it off any longer.

Why start procrastinating today, you can always start tomorrow!

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Re: Steve's Journal

Posted by Steve - 05 May 2010 20:35

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"Tomorrow I will LIVE,

The Fool doth say,

Today's itself too late,

The Wise lived Yesterday!"

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Re: Steve's Journal

Posted by Steve - 06 May 2010 14:31

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Hi gang. BH today is GREAT!! Lots of good things going on on the Call, we're really moving forward, and I'm all pumped to have us all live together in Recovery.

My diet and excerize program seems to be working - the scale doesn't run away from me anymore. Thank G-d. I'm tired of hearing "get off my back!" every morning....

Guys, did you know Shavuos is right around the corner? I feel so unprepared - Hashem has been sending me a gazillion messages that i should get back into a regular learning schedule. We want FREEDOM from lust, right? Well, as the writing on the Luchos teaches us, there is NO CHAIRUS WITHOUT TORAH!! The 12 Step program will help us get free to a certain extent, BUT WITHOUT TORAH we could never become FULLY FREE from our teivos and the yetzer hara. Some second-look urges have been getting stronger, and I need Torah nutrition to have the strength to fight them, using the tools from the 12 Steps.

So I'd better 'get on the stick" instead of 'making with the shtick" like i'm doing now.

I started by looking over Pirckei Avos during the weekdays also. Simple to read, small sized bites with a LOT of nutrients, and always accessible everywhere a siddur is found.

Kol Tuv everyone, have a GREAT DAY!!

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Re: Steve's Journal

Posted by stevec613 - 07 May 2010 15:38

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Steve,

Glad to hear that you are doing well

SC

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Re: Steve's Journal

Posted by Steve - 07 May 2010 17:20

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Thanx SC. Hopw you are well, too.

Not a lot of time to post today, just wanted to vinch everyone a GOOD SHABBOS!!

CHAZAK!!

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Re: Steve's Journal

Posted by NOYA - 07 May 2010 17:30

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Good Shabbos buddy!

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Re: Steve's Journal

Posted by sci1977 - 09 May 2010 19:03

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Hope all is well!!! KUTGW!!!

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Re: Steve's Journal

Posted by Steve - 09 May 2010 20:58

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hi guys.

Got thrown a little when my bookmarks sent me to the dumping grounds, took this slow pickle some time to figure out where the action is.

Hope everybody had a GOOD SHABBOS!!

Had a moment on Shabbos that would have used to been MAJOR RID food. My parents, they should live and be well past 120 years, stayed with us for Shabbos. BH my father was able to get up in the morning early for me to wheel him to shul. But as older people they take a long time to accomplish simple tasks, and taking care of getting him ready includes coffee and some cookies for him to eat before he leaves, and well, I knew I'd get us to shul at Borchu. I used to get tense from that, and my kids would see that tension. But instead, I took a deep sigh, and said to my oldest:

"What greater joy could there be in life to know that for a given period of time, you are doing EXACTLY what Hashem wants and expects you to do at that moment." Then and there, that was my job. Besides feeling honored to be taking care of my parents.

So once again, REALITY of LIFE doesn't change, but when PERSPECTIVE does, the reality doesn't hurt and lead to RID.

And thanx to that, guarding my eyes this shabbos was a lot easier than it could have been...

keep the FAITH, folks.

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Re: Steve's Journal

Posted by Sturggle - 09 May 2010 21:30

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shkoyach Steve, thanks for sharing

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Re: Steve's Journal

Posted by NOYA - 09 May 2010 21:45

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That's beautiful Steve.

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Re: Steve's Journal

Posted by Dov - 10 May 2010 04:22

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Thanks again, reb Shteve!

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