

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 bardichev - 11 Jun 2010 06:06

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It took 3 days ..

Someone got it!!

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Re: Steve's Journal

Posted by Steve - 11 Jun 2010 14:09

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WE'RE NOT ALL SLOW, Reb B, you just couldn't hear us groaning.

!daat, I'm with YOU man. Next stop, Jigglers Anonymous.

Have a wonderful shabbos, guys. A neighbor of mine is making a Shalom Zachor. Maybe i'll be lucky and see Woody there.

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Re: Steve's Journal

Posted by NeverAgain - 13 Jun 2010 07:50

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[Steve wrote on 10 Jun 2010 15:31:](#)

I smell a hijacking going on...

Everyone, please have the flight attendants check your shoes for little wires sticking out.

OK, let's play What's My Line:

"Will the REAL TERRORIST please stand up?"

Why, he looks just like Kitty Carlyle in drag!!

Enough with this hijacking, guys!

Leave Chris Crocker *alone*!! Leave Chris Crocker alone, *right now*!!

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Re: Steve's Journal

Posted by Steve - 13 Jun 2010 18:06

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Welcome back t the start of a new week, a new month, and the first day of the rest of our lives.

Personally, I'm not having the rest of my life today, I'm working.

Baruch Hashem, SOMEBODY wants to pay me something for the work I do.

Well, i'd better count my blessings before they hatch, cuz afterwards they might just fly away.

For now, i'm gonna keep concentrating on today's tefach.

C U Later.

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Re: Steve's Journal

Posted by Steve - 14 Jun 2010 22:43

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B"H my new kabbolos are working so far, I got a lot done today.

KOT everrybody!!

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Re: Steve's Journal

Posted by an honest mouse - 15 Jun 2010 19:56

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Im just dropping by to say thanks for your amazing story/idea that got put up in the email a couple of days ago - it *really* helped me today (if you wanna know how, you can see my thread in the 'break free' section.) I always thought of myself as thoughtful towards my wife and sensitive of her feelings, but hey - there must be something missing otherwise I wouldn't be addicted to lust. Your post really adds depth to it all and gives me an amazing new perspective. Thanks so much! Keep up your good work!

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Re: Steve's Journal

Posted by Steve - 16 Jun 2010 15:13

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Hi everybody!!

This post from honest mouse really made a difference to me as well. Let me add this thought:

We Lust Addicts obviously have to do major teshuvah for all the M"Z we were ovir on, perhaps on every tipah v'tipah. How could we possibly correct YEARS worth of that? Hand in hand with charatah and 'letting go' of the chait, one way to get a kapparah that Chazal mention is through SWEAT from a mitzvah. Ameilos b'Mitzvos that comes with such physical exertion and passion allows every tipah of sweat to be a kapparah on the tipos zerah of the past. Chazal mention baking matzos, for example, as one of those mitzvos. And Passion in mitzvos and learning, INCLUDING PASSIONATELY HELPING ANOTHER STRUGGLER and inspiring their OWN PASSION is a big kapparah for aveiros committed thru passion.

Yet, another tremendous yesod that Honest Mouse made me realize - we here at the forum have been given by HKB"H a gevaldike opportunity: Every time each of us reaches out to give chizuk to another, sharing what has worked for us, and our words have an impact on another struggler that HELPS STOPS THEM from looking/falling/acting out and being MZ"L - EVEN IF IT JUST ONE TIME - is a TREMENDOUS KAPARRAH for OUR OWN PARALLEL AVEIROS as well!!

So it's REALLY TRUE, my friends, that when we help each other, we are also HELPING OURSELVES. Not just thru the mitzvah of Arvis, that we are all One and we all benefit from each other's mitzvos. But through direct **TIKKUN and KAPARRAH MAMASH!!**

So I suggest that when we offer chizuk and friendship to each other, we consider it also (not to take away from the chesed aspect) part of our PERSONAL TIKKUN, part of our own special AVODAS HASHEM YISBOPRACH. And we could offer a tefillah that our words should help our fellow, and be a tikkun for us personally, for this life and for past gilgullim as well.

**WHAT A GEVALDIGE CHESED THE RIBBONO SHEL OLAM HAS DONE FOR ME!! AND FOR ALL OF US!!**

May we all be zoche to finalize our kapporos soon with korbonos in the Beis Hamikdosh, B'mihaira B'yomeinu!

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Re: Steve's Journal

Posted by Dov - 17 Jun 2010 02:13

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Amen ve-Amen!!!

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Re: Steve's Journal

Posted by Steve - 17 Jun 2010 14:46

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Joost a qvik czek-in to zee eef de dancin' chas shtarted.

tsk tsk.

Y'all remember that Mrs Skinny Minnie I wrote 'bout earlier? Well, I tutor 9 yr old son, who was at the school bus stop this morning with his mom. I stopped to talk to both of them, and BH I was able to think of her as a person, this boy's mommy, not as an object of my desire. I was mamash standing 3 feet in front of her, and did not even accept ANY lust bribes to look at her that way. The YH was knockin, but i just didn't answer. I knew I wasn't 100% "spiritually healthy" as we said on the DC cruise the day we departed for shore, so i took no chances and hardly looked at her face while I spoke to them, 99% of the time i looked at and focussed my attention on her son while we spoke (which made him beam like crazy).

While I was bent down to face him, I noticed her feet in her shoes, like I could see where the bottom of her toes didn't make it under the front of her shoes. I deliberately turned my eyes back to his face, realizing "a while ago I would have gotten hanaah just from looking at even that part of her - THE END OF HER TOES for crying out loud! Is that SICK, or what?! - well that was THEN, and this is NOW, and I am NOT going there!" And it didn't matter to me, it meant nothing to me, this "lost opportunity" to look at a part of a woman's body without anyone noticing. I felt a gevaldige moment of FREEDOM again from this stupid YH.

When I turned away to walk home, i felt REALLY GOOD about how I handled that, and much secure that I am on the right track of life.

Have a GREAT DAY, everybody!!

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Re: Steve's Journal

Posted by bardichev - 17 Jun 2010 14:56

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Here's a pshat I just thought for you

Schar aveira

The schar you will get from holding back from avaira

Not bad ,for a pickle flavor jelly belly

Kinegged hefsaida

Kinnegged reflects. The pain and work you needed to avoid it

Gevaldiggggggg!!!!

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Re: Steve's Journal

Posted by Steve - 17 Jun 2010 17:21

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nice new perspective, bardo.



Thanx.

When are you comin over for a drink? I want to get pickled together....

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Re: Steve's Journal

Posted by yechiel - 21 Jun 2010 21:50

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Hi Steve,

Needed a boost and thought I'd check out Steve's little corner of the world and what do you know, a regular Red-Bull it is. Thanks!

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Re: Steve's Journal

Posted by Steve - 23 Jun 2010 04:17

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Hi Y'all.

Just checking in. YH is working overtime to get me sidetracked so I dont get my work done, which is suicide if I dont make certain deadlines by June 30. So, forgive me, but I wont be reading the forum or posting till after that. Gotta focus on work, family, and staying clean. Pray for me that Hashem gives me strength to fearlessly tackle my projects, every moment of the day, and to restore my parnose.

May HKB"H bless ALL your efforts, my heilige GYE family.

See you July 1 or 2!!

## GYE - Guard Your Eyes

Generated: 23 August, 2025, 19:45

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Re: Steve's Journal

Posted by bardichev - 23 Jun 2010 04:25

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See you an july 1

Where and when??

How do I know its u

Do you wear a name tag that says I'm steve??

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