

Steve's Journal

Posted by Steve - 15 Dec 2009 18:46

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 zalmandovid - 23 Jun 2010 09:41

Hatzlacha with all your work Steve!

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Re: Steve's Journal

Posted by sci1977 - 23 Jun 2010 13:07

KUTGW!! Hope all is well with my favorite pickle.

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Re: Steve's Journal

Posted by yechiel - 23 Jun 2010 16:55

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Re: Steve's Journal

Posted by Steve - 23 Jun 2010 19:54

Hi guys!! I just HAD to post this today!!

Just wanna let y'all know that I did a face to face 9th step meeting today with a disgruntled client who never wanted to work with me again. On the phone first, I apologized for my part in not coming thru for him in the past, explained that i wanted to make amends, and asked him "what can i do to make it right". He was quiet for a moment, then agreed to meet with me and give me another chance. I davenned, my wife davenned, our kids davenned, I begged HKB"H to take away my fear, which was chocking me, and Hashem responded!! Now looking back, I realize I

HAD NO FEAR during our meeting, and I wasn't haughty and over confident, I was just myself. Wowie!!

When we met, I showed him what BH was a winning proposal for him, and apologized again, and showed him how I was trying to make it right by all the work I did for the proposal after he had cancelled the job (that was real chancy, and I was prepared to lose all those hours).

Anyway, BH he warmed up to me, liked the proposal, and asked me to draw up a contract so he can give me a down payment. HASHEM IS GREAT!!

May Hashem give me the strength and fearlessness to pull this off, and if the product sells well, then I will IY"H have months worth of similar products to create for him. At least now I know how I'm paying my July mortgage!!

And may our Father in Shomayim bless ALL his heilige children with siyatta d'shomaya, parnose tovah u'nikiyah, and yishuv hadaas to learn His Torah HaKedosha with menuchas hanefesh.

Thank You, Hashem, for this beracha for me and my family. May it be your will that all of my deeds be pleasing in Your Eyes.

Amen. Kein Yehi ratzon.

Now, back to the tar pits....

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Re: Steve's Journal

Posted by Dov - 25 Jun 2010 06:36

More hatzlocha to you Reb Steve! Lucky to come away with an amends out of the way!!

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Re: Steve's Journal

Posted by bardichev - 25 Jun 2010 06:50

Shteeev'eleh

Treren in dee oigen

(Tears in the eyes)

I am so happy for u

If you read this on july first

I said goood shabbos

Bardy

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Re: Steve's Journal

Posted by Steve - 01 Jul 2010 15:44

I'm **BAAAAACK!!**

I'm keeping it short right now, tho. I had typed a real nice post, and just before i hit "post", the

GYE site went off my server for a few minutes and i lost it. HEY GUARD, what about a back-up system while we type?

Anyway, it's all a test. Missed you all, hope to spend a little time each morning and again at night here if i can.

Have a GREAT DAY!!

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Re: Steve's Journal

Posted by silentbattle - 01 Jul 2010 17:03

Ouch. Big hug, bro!

But the lesson you just shared with us is significant, as well!

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Re: Steve's Journal

Posted by bardichev - 01 Jul 2010 17:58

Steve??

Steve???

Sounds sooo familiar

Hmmm. Steve. Stevve?

Where do I know that name from???

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Re: Steve's Journal

Posted by Holy Yid - 01 Jul 2010 20:25

I am glad you back also. Welcome home again!!!!!!!!!!!!!!

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Re: Steve's Journal

Posted by Steve - 02 Jul 2010 16:20

Thanx my friends.

Bards? Yo memory is suffering from too much woodford.

Time to switch into REAL man's liquor... like ammeretto.....

Here's a nice A&W moment for a Shabbos Gift:

On the road this week, while driving I started nostalgically thinking about my the more "exciting" lustful moments of my "past" (before frumkeit). Then I stopped meself and said to meself: "Self," I said, "I really wish i had NEVER been exposed to this "fun" side of life, so that when confronted by lustful thoughts i would be able to turn away from them and say 'eeyew, ickypoo!' and not have to deal with knowing about them. But now that I DO KNOW, I am no longer in that parsha. I'm now in the parsha, like it says in the gemorrah, of responding 'I KNOW it is pleasurable, and even fun, but "What can i do?", my Creator has commanded me not to go there, not to experienced this anymore. I will refrain because it is the will of Hashem, my Creator. And therefore i will not even entertain the memories, for to dwell on them and enjoy them might weaken my resolve to serve Hashem as he requests of me."

So then i said some tehillim by heart while I drove, and asked Hashem to remove these lustful thoughts/memories from my mind, which He kindly did. Then, JUST A FEW MINUTES LATER I was spared from a VERY bad accident - while making a k-turn, i almost backed out of a driveway into an SUV going at about 50-60 mph. I noticed it coming at the last second and hit my break - mamash missed by maybe 1 ft.!!!

Naturally I was thanking Hashem again and again while driving home. I stopped at a light behind a car, thinking about how I'm not really davenning well with kavannah, not completely 'spiritually fit" as the program aims us to become, wondering how to motivate myself to get there. And, B"EMES!! when the light changed, i noticed the license plate on the car ahead of me, which read **LETGODN** - "**Let G-d In**", or "**Let Go N Let G-D**", which is DC's motto. (No, it was a NJ plate, not a Texas plate.)

Now, if THAT"S not Hashgacha Produce, I don't know WHAT is!! Hashem is waiting for us, right there next to us, all the time, with his hand outstretched! All we need to do is to reach out and take it!! And then HOLD ON TIGHT FOR DEAR LIFE!!

Have a GREAT and HOLY Shabbos Kodesh, everyone!! Bli neder, I'm gonna try to get to shul early, to daven better, and to learn more this Shabbos. Ulai it will rub off into the rest of the week!!

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Re: Steve's Journal

Posted by bardichev - 02 Jul 2010 18:40

yess its coming back to me

something about pickles and lelly beans

woodford

gevaldigg

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Posted by briut - 02 Jul 2010 20:31

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Posted by Dov - 02 Jul 2010 20:40

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