

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 Steve - 14 Dec 2010 17:21

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ok, bardy, 2 cryptic posts, and I'm lost. And I thought I understood Bardspeak.

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Re: Steve's Journal

Posted by desperate\_teddybear - 14 Dec 2010 17:23

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[bardichev wrote on 14 Dec 2010 17:14:](#)

i'm speechless

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Re: Steve's Journal

Posted by Steve - 19 Dec 2010 05:30

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Good Voch, y'all. Very inspiring Shabbos. And the calls this week were phenomenal!! We really have a great bunch of guys on the early Bird cruise ship. I am so looking forward to growing together with this chevra. As Guard says, we are GROWING THE ARMY OF HASHEM!!

Two questions were asked this Shabbos -

1) Girls are bentched that they should be like the Imahos, Sara v'Rivke, Rochel v'Leah. Why don't we bentch our son's that they should be like the AVOS? Why did Yaakov Avinu insist on Ephraim and Menashe over the AVOS?

A) We Yiddin face our greatest challenges in this world either when things are going GREAT, and we are on top ("Yeshurim grew fat, and kicked"), or when things are going poorly for our

neshamos and we are surrounded by Tumah. Ephraim and Menashe conquered BOTH nesyonos: They were sons of Royalty, and were surrounded by galus Mitzrayim, yet grew up faithful and connected to Hashem, worthy of becoming Shevatim themselves. That's what we Jews need when we go thru history.

2) If that's the case, why are girls NOT given the same beracha? After all, don't they have the same tests of emunah we guys do? Don't they need the berachos of surviving both Golus and Prosperity?

One A) Girls are not given that beracha cuz THEY DON'T NEED IT. Women are naturally more spiritual than men are, as they are inclined toward an emotional connection to all of life. It was the noshim tzidkonios that never swayed in Mitzrayim. Women are gifted this way. What they DO need is a beracha for MIDDOS TOVOS, those special qualities (chesed, anavah, vatronos and hodaah) of the Imahos, and and TORAS IMECHA, the loving way they implant their emunah into the children.

So we see a profound diff between genders. Men's challenges are EXTERNAL, in how we interface with the WORLD. Women's challenges are INTERNAL, in how they interface with THEMSELVES and their home. And now we understand more the Chazal that the union of marriage COMPLETES a MAN (not both), cuz WE men need to learn from what the women have, and they DON'T need to learn from what we have, cuz they have that already.

We men, especially us addicts, have gotten so caught up in externals that we neglected our emotional and spiritual connection to LIFE. We have reacted to the trials and tribulations of life with PAIN, because we forget that life is not supposed to go OUR way, it's going HASHEM's way. "Rabbos Machshavos B'Leiv ISH (not Adam), v'atzas Hashem hi sakum." We think it's up to US to put food on the table, to pay the mortgage, and we live with constant anxiety.

We need to fulfill the blessings of Ephraim and Menashe, and connect to Hashem by ACCEPTING his control of our lives and doing our BEST to build our keshet with Him. All the while staying clean from the enticements of pitzus and immorality, which we here at GYE are all striving for.

THEN we need to learn to be humble, GIVING, other-focused, ballei vatronos, and creatively looking for ways to be considerate of others. That's why we get married, to have a life's partner upon whom we can PRACTICE these middos and refine our character.

However, if you're still single, it's not an excuse to wait until you're married to become a nice guy....

Have a GREAT VOCH!

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Re: Steve's Journal

Posted by desperate\_teddybear - 19 Dec 2010 05:48

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to add to this, there are women who are s-addicts as well. but their addiction is sourced in emotional issues not lust.

steve this was so interesting= something to think about,..

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Re: Steve's Journal

Posted by bardichev - 19 Dec 2010 12:43

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Shteeeve

That was so profound

Its good u didn't keep it in the jar

It would havr gotten

"Far-pikkelt"

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Re: Steve's Journal

Posted by desperate\_teddybear - 19 Dec 2010 12:49

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[bardichev wrote on 19 Dec 2010 12:43:](#)

It would havr gotten

"Far-pikkelt"

and wrinkled. ichsah!

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Re: Steve's Journal

Posted by Steve - 20 Dec 2010 04:13

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well, you two, don't just sit there like a LUMP on a PICKLE!!

"Get thee to a Cannery!!"

**HA-HA!** I'm  
SOOO funny!!

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Re: Steve's Journal

Posted by Steve - 20 Dec 2010 14:56

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good morning everyone!!

Have a GREAT WEEK!!

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Re: Steve's Journal

Posted by an honest mouse - 22 Dec 2010 14:27

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beautiful vort steve!

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Re: Steve's Journal

Posted by Steve - 24 Dec 2010 18:35

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Wishing all my heilige friends at GYE a delicious, Kedusha filled Shabbos *Koidesh* (ala Bardspeak...).

Let's keep looking for those A&W's - they are the Gateway to realizing how much Hashem is close to us and a part of our lives.

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Re: Steve's Journal

Posted by Dov - 26 Dec 2010 04:26

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Happy pickle, Shteve!

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Re: Steve's Journal

Posted by bardichev - 27 Dec 2010 04:40

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Shteev is it shnowing?

Make shure to shovel dee (12) shteps. It can be shlipperry an den shomevun vill shlip and datsh a shakunak

Shank you

Bardit-shev

(In shnovy bardshtown)

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Re: Steve's Journal

Posted by Steve - 27 Dec 2010 15:02

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This aint just snow. this is NEIS-city. Besides the 2 ft fall and 4 ft drifts, the wind has been at work carving absolutely BEAUTIFUL miniatures of the GRAND CANYON around the trees and cars. Hashem is the worlds most excellent artist. Those stupid geologists who think all that strata means the world is billions of years old - look what H' can do in one night with snow! Whadayathink? He could do the same with the earth, just as easily.

Anyway, I'm very thankful i have kids who love to shovel while I have my coffee and host the Call. But now my excuses are over, so i gotta go pitch in.

hey Bards - any specials on Snow Cones today? And no jokes about lemon ones, OK?

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Re: Steve's Journal

Posted by desperate\_teddybear - 27 Dec 2010 16:36

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hahaha american's are such wimps - CANCEL THE SCHOOLS BAR THE DOORS WE GOT 2 FEET OF SNOW AAAAAAAAAAAAA rofl Imbo! i love u guys, come chill w/ me in my igloo

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