

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 bardichev - 04 Oct 2011 21:40

hmm steve.. steve.. where do i know a steve....???

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Re: Steve's Journal

Posted by Steve - 05 Oct 2011 04:19

CHEVRA!!

Do you see how Hashem will do for us what we can not do for ourselves??!!

Reb Guard told me that this Shiur is already accessible on the GYE site, FOR YEARS!! Here's the link:

www.guardureyes.com/GUE/Music/mus/ShiurYesodos.mp3

Thank you again, Reb Guard, for ALL that you do!!

Another **G'mar Chasimah Tovah** to ALL Y'ALL!!

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Re: Steve's Journal

Posted by Steve - 09 Oct 2011 21:17

Chevra,

I just installed K9 Protection on my work computer (MAC) thanx to Reb Tzvi (GYE's Filter Gabbai), may HKB"H bless him and his family with ALL if His Protection!

I made a few kabolos during Neilah. One was to install a filter today. I will be arranging with my wife for each of us to hold half the password, so settings cant be undone unilaterally. I will also be signing up with yishmoreini, making my rav the recipient of reports if i go to improper url addresses.

Let's face it, as an addict, fear of failure leads to procrastination, and wasting critical time, plus the "idle hands are the devil's playground" syndrome. So another kabolla was to avoid what I used to do, taking my lunch into my home office, and using the excuse that since both my hands were busy while eating I'll just go onto CNN/Arutz Sheva to catch up on the news (big time waster cuz I couldn't stop following the news story links) or watch movie trailers and clips (time waster PLUS actress/fashion/plot triggers). Now I have accepted upon myself to 1) always eat those "working meals" in the kitchen, away from the computer (this way ALSO I wont forget to bentch in time), and 2) not to go onto the internet for secular entertainment or to unwind or stall - in the words of the Big Book, "unless i have a good reason for being there."

I recommend anyone who has not arranged a filter to do so. K9 now also offers filters for ipads, iphones, and more. See their home page. And it's a JOY to work with Reb Tzvi, he's very helpful and knowledgeable, and a big mentch.

A Gutte K'vittel, A Piska Tova, A Good G'Bentched Yaor, etc etc etc..... and CHAG SOMAYACH!!

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Re: Steve's Journal
Posted by Steve - 10 Oct 2011 14:31

Chevra,

Here's an interesting piece of advice I just read from a weight loss article. We can apply it as a great motivational tool for all our endeavors, and ESPECIALLY for how we view our commitment to our Program of Recovery:

*[this advice] comes straight from Yoda, of Star Wars. Young Luke Skywalker is trying to become a Jedi Knight, and he's trying to get his light saber to work, and he's trying to do four triple somersaults while battling 30 bad guys (you know, mundane stuff like that) and he's failing miserably! So he goes and complains to Master Yoda that he's trying very hard but it's just not working! Yoda wags his finger at young Skywalker and says in Yoda speak: "Try not! **Do** or **do not!** There is no try!"*

There in lies the key to your success. You don't try to set the alarm clock; you set it. You don't try to get to work at 9; you get there. To say you will "try" to do something gives yourself permission to fail. ("It's okay, I really tried hard not to eat that whole bag of chips, but they were soooo good, I couldn't help myself!") But henceforth, you will not try to avoid certain foods; you will avoid them. You won't try to eat certain foods; you will eat them. And the more you do this, the more you will become that person. Why? Because that's who you are!

*From now on, you are a **doer**, not a **tryer**!*

So, chevra, let's ask ourselves, "Am I just TRYING to keep up with my Program of Action, or am I really keeping up my Commitment to DO IT, each day, one day at a time?"

Me, I'm putting down that bag of chips. And "When the Chips are Down," I KNOW I CAN DO IT!!

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Re: Steve's Journal

Posted by bardichev - 10 Oct 2011 14:34

steeeeeve steevv?? sounds soo familiar??

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Re: Steve's Journal

Posted by heuni memass - 10 Oct 2011 14:46

[Steve wrote on 09 Oct 2011 21:17:](#)

Chevra,

I just installed K9 Protection on my work computer (MAC) thanx to Reb Tzvi (GYE's Filter Gabbai), may HKB"H bless him and his family with ALL if His Protection!

I made a few kabolos during Neilah. One was to install a filter today. I will be arranging with my wife for each of us to hold half the password, so settings cant be undone unilaterally. I will also be signing up with yishmoreini, making my rav the recipient of reports if i go to improper url addresses.

Steve good going.

One thing- call the teck support when installing yishmoreini (covenant eyes) to make sure it will work with k9. I had some programs that brought down my computer while trying to install yishmreini.(i think it was pic block- some program someone posted here on gue about a year ago or more and cannot remove it from my computer. all it does is brings down the system.)

Be well my friend.

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Re: Steve's Journal

Posted by Steve - 10 Oct 2011 14:59

Thanx for the warning!

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Re: Steve's Journal

Posted by bardichev - 10 Oct 2011 15:00

wher do i remeber this guy fom????

hmmmm???

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Re: Steve's Journal

Posted by Steve - 10 Oct 2011 15:01

[bardichev wrote on 10 Oct 2011 14:34:](#)

steeeeeve steevv?? sounds soo familiar??

Bards, while you've been standing still trying to remember, your ice cream melted all over your hand.

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Re: Steve's Journal
Clean up your act already
Posted by RVVY - 10 Oct 2011 15:27

[heuni memass wrote:](#)

One thing- call the teck support when installing yishmoreini (covenant eyes) to make sure it will work with k9. I had some programs that brought down my computer while trying to install yishmreini.(i think it was pic block- some program someone posted here on gue about a year ago or more and cannot remove it from my computer. all it does is brings down the system.)

I don't know if you realize this but Covenant Eyes has its own filter. I've been using it (the Webchaver rebranding of it) together with the monitor for a good amount of time now and haven't had any problems. Ask the Tech guy whether mixing k9 with Covenant Eyes will slow your computer down or cause either one of the programs to malfunction.

...and of course you know Steve that ultimately it's the mind that is the most effective filter/monitor. For an addict filters and monitors are just guardrails on the highway, but the addicted mind can blow through the guard rail and bowl down the hill given the opportunity..

Gmar Tov!!

YVY

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Re: Steve's Journal

Posted by Steve - 10 Oct 2011 16:00

very true, my friend.

But if there is a dangerous cliff, it would be irresponsible for the engineers of the road to skip putting in a guardrail. For those of us who might sometimes not wake up when we hit the bumps at the white line of the shoulder, we need to hit the guardrail to wake up. Others of us USE the guardrail to help us stay away from the edge of the road. The Torah also teaches us to make gedarim. I'll live better in the correct lane when i have the gedarim i need. CHAZDAI HASHEM!!

S.

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Re: Steve's Journal

Posted by KiviYVY - 10 Oct 2011 16:10

[Steve wrote on 10 Oct 2011 16:00:](#)

very true, my friend.

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S.

Absolutely Steve. I knew you knew.. I just know for myself (still using a filter and monitor) that I only entered real recovery when I realized that the filter and monitor was not the answer. I really thought it was - thought it would answer years of this vicious cycle and I could finally live the life outside addiction. I blew through every filter and monitor, found every loophole "testing" how well it works. It wasn't the answer. Hashem is the answer and I'm so grateful He pushed me off

YVY

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Re: Steve's Journal

Posted by ZemiroShabbos - 10 Oct 2011 21:45
this cliff and introduced Himself to me

kol hakavod, Steve

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Re: Steve's Journal

Posted by Steve - 25 Oct 2011 02:34

Hi Gang,

We're starting a new 12-Step cycle in a week, on Monday Oct 31. My cruise is open for breakfast at 8:30 am NYC time, DC's at high noon with Lunch & Learn, and Shlomo's serving nite caps at 10:20pm. Fun and Sun on the high seas, as we leave our addiction on the shore and head toward Port Recovery. Don't forget your sunscreen and your Big Book! Everyone's welcome aboard!

Full Speed Ahead!!

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