

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 Steve - 08 Jan 2010 18:14

Lost and Found

Here's something profound that I'd lost, and now found,

and felt that with you I must share,

It's not a small seichel, this fine Shabbos meichel,

for which we can all be aware.

Seems here at the Forum it's part of decorum

to only encourage each other.

When one's out with the tide, we see just their bright side

and hug like a sister and brother.

The way we will grow, is, as we all know,

by finding our own sense of worth.

(And it won't hurt a shtickle, from Admin to Pickle

to each add their flavor n' mirth!)

But the secret's in living a life filled with giving,

without want to get in return.

We've known this from when we were young, way back then,

but needed more practice to learn.

Here, under our Guard, we've learned it's not hard

to make sure to be Dan L'Kaf Zechut.

We've put into practice that which attracts us

and embraced what's Holy & Good.

But I've tend to've forgotten those souls I've begotten

whose hearts are so young and fragile;

They, too, will not blossom if fed naught but flotsam

of critical words all the while.

So I'm newly determined to not act like the vermin

who end up with insecure kids;

Now thru positive speaking, and eiyyin-tov tweaking,

I'm building THEIR world without R.I.D.

May Hashem give me koach (and a little more moach),

for my kids, no less than you guys,

deserve to be treated as mentchen, and seated

among those whose hearts soar the skies.

I daven the story will end in G-d's glory

and we'll straighten what started to bend.

But I know and I see that it's thru GYE,
my whole family's now on the mend.

Thank you all, & Good Shabbos.

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Re: Steve's Journal

Posted by imtrying25 - 09 Jan 2010 16:56

Wow Steve thas was really something. Forgot how deep a pickle could ctually get!!! Now on more serious nte. That was really beautiful!! Thanks for sharing!!

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Re: Steve's Journal

Posted by TrYiNg - 10 Jan 2010 00:22

[letakain21 wrote on 08 Jan 2010 16:22:](#)

steve, yu da man!

Ditto !!

Steve , Its incredible for me to see how you actually work the steps in actual life. I need tonzzzzz of practice with that.

Gut voch!

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Re: Steve's Journal

Posted by humanbeing - 10 Jan 2010 04:58

Ay! Sensitive and loving artist and poet...Steve! your a beautiful Human Being.

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Re: Steve's Journal

Posted by Steve - 10 Jan 2010 05:56

ah'll take the compliment, but looks have nothing to do with it...

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Re: Steve's Journal

Posted by habaletaher - 10 Jan 2010 08:07

who said anything about looks???

JK, don't be so sensitive, green, bumpy skin is all the rage this year. Dolce did a whole sthplash of that sthuff in Milan justht lasths week!

Totally 2010!!!

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Re: Steve's Journal

Posted by humanbeing - 10 Jan 2010 16:27

While we're at it "Beauty is in the eyes of the beholder"

Did anyone of you ever get complimented that they were a pencil?....Truly unbelievable!!! Steve the master complimenter.

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Re: Steve's Journal

Posted by OneLife - 10 Jan 2010 16:52

steve,

you are GADOL! 8) 8)

indeed, after almost one month clean, we feel as you write :

"But I know and I see that it's thru GYE,

my whole family's now on the mend."

i mean at least my private family.

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Re: Steve's Journal

Posted by Steve - 10 Jan 2010 20:51

OL,

Thanx.

I wrote it referring to my family, the 4 kids & my wife. We already KNOW our GYE family is on the mend.

This site, and this forum IS THE BEST!! I love it here. It's filled with so manny wonderful people all trying to help each other grow closer to Hahsem, and be happier with life.

It's like one of the few, safe and sane places on the planet.

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Re: Steve's Journal

Posted by Steve - 10 Jan 2010 21:24

Just wanna reiterate somin' I said som'where else...

See, my pals Haba & OneLife are making AMAZING strides, they think I'm pullin' them, but they don' realize that **they're really pushing me.**

So, in a quiet response to the below question:

[OneLife wrote on 10 Jan 2010 16:59:](#)

OUR DEAL WON'T BREAK!!

This is a fact, right??

Ah Answered (an' please pray for me that I DO NOT get tested...):

Of COURSE, RIGHT!!

Here in Chutzland it's still Sunday, so I'm technically finishing up Day 28, but my 5th week begins tomorrow, which means

ONE MONTH CLEAN & COUNTING!!

Hey, Yetzer Hara, read ma lips:

PPPPPBBBBBBBTTTTTTTHHHHHHHHHHHHHBBBBBBBBBBB!

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Re: Steve's Journal

Posted by WeWillNotBeForsaken - 10 Jan 2010 21:28

[Steve wrote on 10 Jan 2010 21:24:](#)

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You are one interesting (and entertaining) individual - and I mean that as a compliment.
Thanks!!!

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Re: Steve's Journal
Posted by humanbeing - 10 Jan 2010 21:40

[Steve wrote on 10 Jan 2010 20:51:](#)

It's like one of the few, safe and sane places on the planet.

Ain't it the Truth!

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Re: Steve's Journal

Posted by Steve - 10 Jan 2010 22:54

Just saw the announcement about the separated forums.

I posted my comments there, on the announcements.

Not gonna repeat it here.

We need to move on, and concentrate on OUR cheilek.

maybe, just maybe, we guys can be better, closer friends because we had a glimpse of the way the women bond emotionally with each other.

I wouldn't want this place to fall into a testosterone sling-fest, and i don't think it will. The level of sharing and friendship is strong, and can only grow deeper.

So let's all continue to be REAL and grow together.

And now a toast to the NEW MEN'S GYE FORUM!!

L'Chaim!!

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Re: Steve's Journal

Posted by habaletaheer - 11 Jan 2010 05:25

Dear Steve,

It's amazing I read your posts all the time, and see such a ba'al avodah!! You have such a positive attitude, and are ready to take on anything head on....

I don't who is pushing, who is pulling but this lil deal we have you, OneLife and Me is really a lifesaver, and I really hope (it's even a bit scary just thinking about it) to reach 90 with you guys at my side this time around!!!

Keep on TRUKKKIN!!!!

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