

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 looses 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 existance, 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.

=====

=====

Re: Steve's Journal

Posted by Kedusha - 17 Dec 2009 19:57

Great job, Steve, in taking no second looks!

One more try: Day #4 might be easier if you count it for what it really is - Day #53! Think about it - you're more than halfway there! Maybe, just maybe, it's the y"h who convinced you to start the count just a few days ago, in order to make things more difficult for you.

=====

=====

Re: Steve's Journal

Posted by Steve - 17 Dec 2009 20:06

Are you sure you're not my aunt? She used to hold out the lolly for me to get when I was learning to walk, and just as I got to her with difficult steps, she'd scoot back and expect me to do MORE?!

Let me take it one day at a time, please, and enjoy my successes. I wanna be like everybody else, counting the days and making them count. i'm starting to feel again. Hashem HELP ME be strong! For me, this is still about breaking my old ego. I know, I know,.. "make" me, don't "break" me applies to oneself, too. But how much can I give to everyone else, least not to myself, if I start out in my ivory tower?

=====

=====

Re: Steve's Journal

Posted by Steve - 17 Dec 2009 20:20

For all the personification, the YH has NO INDEPENDENT POWER. He may be over-zealous in his work, but he is still A SHELIACH from Hashem.

4 / 9

Do any ladies out there have the nerve to give mussar to these kiind of dressers? Don't they realize what kind of a nesayon they put the rest of us thru?

This type of statement comes up time and time again..

The answer to the question is ;

NO THEY DON'T REALIZE WHAT THEY'RE PUTTING U THROUGH.

I can understand a bit cuz I'm an addict, but most women don't. (They think 1-between all untznius ladies in the whole world he's gonna look at ME? 2- If he has a prob he shudn look.)

Women have lotsa these rules and regulations, we try our best. Its very hard. Especially when *looking good* is equated with looking trendy/provocative.

You don't need to understand..but pls don't judge soo fast

=====

Re: Steve's Journal

Posted by imtrying25 - 18 Dec 2009 10:08

as the holy men say; Agree to disagree. I disagree with you trying. A little. There are women that are just trying to look instyle and what not and us warped men see it in a different light. But there are definitely women out there that realize that they are provocative and wanna be. Im sorry to say ths but its true. Yeah maskim they dont realize theyre stealing my olam hazeh and olam habah from me, BUT THEY DEFINITLY WANT ME TO LOOK. Ive got more to say but im gonna do some shut mouth now. Look around trying and youll see how true it is.

=====

Re: Steve's Journal

Posted by TrYiNg - 18 Dec 2009 10:16

But there are definitely women out there that realize that they are provocative and wanna be.

agree. But definately a minority.

I don't know why u men keep harping on it..it jst aint true. MOST WOMEN DONT GIVE A DA*M
IF U LOOK AT THEM OR NOT MOST OF THE TIME...GET IT INTO UR HEADS..

=====
=====

Re: Steve's Journal

Posted by imtrying25 - 18 Dec 2009 10:19

[TrYiNg wrote on 18 Dec 2009 10:16:](#)

But there are definitely women out there that realize that they are provocative and wanna be.

agree. But definately a minority.

I don't know why u men keep harping on it..it jst aint true. MOST WOMEN DONT GIVE A DA*M
IF U LOOK AT THEM OR NOT...GET IT INTO UR HEADS..

Enough with hijacking. Sorry steve. So ill end with two words and will leave it for a different time
to discuss. NOT MASKIM.

=====
=====

Re: Steve's Journal

Posted by BecomeHoly - 18 Dec 2009 11:15

Actually, from what I hear, women dress up for other women. Its like a competition. Ever wonder why many women don't like going to shul? Its because of the dilemma of what to wear.

I'd imagine that theres less thought put in on how it affects us men. Thats kinda less "important" in this scope of things.

And by the way, I bet you can take 2 identically dressed women, and they could give off totally different vibes. One could be flirty, provocative, and slutty, while the other could be reserved, elegant, and honorable. Wearing the long skirt, covered elbows and bullet proof stockings do not define tznius. Its an attitude. Its the way you move. Its the way you talk. And even when the clothing is borderline cover up, the way a woman acts can very often retain an image of tznius. If I've got the dirty mind its my problem.

And on a separate note, do you tell laticia walking down the street in her tank and short shorts to "realize" what she's doing to you? **YOU CAN ONLY CHANGE YOURSELF! TRYING TO CHANGE OTHERS ALWAYS BACKFIRES.** We can only change others by example. They will make the changes to be like us once they're ready. But meanwhile, we can only work on ourselves. The Y"H wants us to blame it on the environment.... its not my fault... its hers..... **WRONG!** I am responsible for me. I can only change me. I can only be a shining example to others that will inspire them to change.

Thanks for listening in to my pep-talk to me :-)

=====
=====

Re: Steve's Journal

Posted by Steve - 18 Dec 2009 18:06

OY VIE!! Look what i started...

Yes, TryiNg, it's true that it is OUR problem to deal with, it's just a shift the blame kinda thing when we are weak. It's like when I'm driving, and I see the car approaching in the left lane has a lady driving, and I'll sneak a peak at her face to see if or how pretty she is (that's the motivation - I don't like to miss seeoing a pretty girl) and then OH NO!! she turns her eyes to look at me too,

and even the frum ones, and sometimes our eyes meet and I think, like an idiot, "what's her problem that she has to look at men?"

However, I agree with IT25 that there is some culpability on some, and your right a minority, of women who dress d'dafka to have men look at them. OK the single ones need it for their egos , understood, but that's not where it bothers me. It's the married ones, the ones whose husbands are in Kollel, who should "know better." There have been plenty of gatherings discussing sniyus dressing AND behaviour. Why can't we let the Torah determine fashion, instesad of PARIS?

OK END OF THAT ONE. To be discussed by a by-partissan panel at a later date.

The bottom line is it's my issue, that hopefully HKB"H and the 12 steps will get me to a point where I'll never have the urge to look. I didn't ask for this YH, and I'd rather live a healthy life than a hooked one.

Day 5 has been good. keeping busy trying to get done b4 Shabbos. And gotta get to the DC sheets.

The sun will set w/o me if i don't hurry, soooooooooo let me wish y'all a good shabbos.

GOOD SHABBOS!!!!

=====
=====

Re: Steve's Journal

Posted by BecomeHoly - 18 Dec 2009 19:23

G'shabbos! Chodesh Tov. Happy Chanuka!

=====
=====

Re: Steve's Journal

Posted by bardichev - 18 Dec 2009 19:30

Good shabbos steve

=====

====

Re: Steve's Journal

Posted by the.guard - 19 Dec 2009 19:58

=====

====

Good Voch