

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 habaletaher - 25 Jan 2010 05:15

Aifo my favorite pickle? I hope you didn't get too sour? A pickle needs to be bold!!!

CAN A PICKLE BE TOO BOLD?

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Re: Steve's Journal

Posted by Steve - 25 Jan 2010 09:16

Hi guys. 4 am here.

Thanx for everyone worrying about me. BH, I'm OK. Thanx HB for the good words. Muchly appreciated.

Still clean n' crazy after all these days.

I woke up w/ a shilshul, came downstairs to type up a devar torah for this page, but BH got to chat with an overseas friend who I hope I was michazeik. So the devar torah will wait a day. BH torah is eternal, and i'm using the GM Berachos for my crib notes, so I dont think I'll forget it. At least, BH I know why HKB"H woke me up. I just wish he had done it an easier way...

You all should know that on the weekends it is VERY difficult for me to post, as home affords me no privacy during the day, and GYE is my little secret.

Have a GREAT DAY everyone!! Haba & OL, hope you're both on track!!

BTW, the L'chaim I didn't go to? My wife brought up pictures on facebook, glad I didn't go.

They had the vort tonite, and I didn't go to that either, BH. Found today i had a little weakness in town for the beautiful people, didn't need to test my resolve again. And I'm not drinking

G'nite & G'day!!

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Re: Steve's Journal

Posted by silentbattle - 25 Jan 2010 11:50

anymore (sorry Bards), so I didn't have that incentive either.
Great to hear from you, looking forward to hearing more!

It is ncie when Hashem shows us that our decisions were right, just in case there was any doubt beforehand (which, by the way, I never had - even if it turned out that everyone dressed ok, you made the right decision at the time. It's like being offered a 75% chance of winning the lottery for \$5 - you might not win, but you made the right decision by buying).

Have a superb week!

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Re: Steve's Journal

Posted by OneLife - 25 Jan 2010 16:56

hello to you steve.

i just tell you that HABA & me are still OK.

you are the rock! the bomb!

if you OK so we too, very simple...

love you bother.

KUTGWG!!

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Re: Steve's Journal

Posted by Steve - 25 Jan 2010 18:58

OL,

after a day of shilshul, i'd rather be a rock than a bomb.

But i appreciate your words anyway...

Lova u all, see you later.

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Re: Steve's Journal

Posted by sci1977 - 25 Jan 2010 19:11

Glad you are OK. KUTGW!!

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Re: Steve's Journal

Posted by humanbeing - 25 Jan 2010 20:47

Refuah Shlaima U'krova...Bananas! No more pickles for now.

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Re: Steve's Journal

Posted by OneLife - 25 Jan 2010 22:05

ROCK BOMB who cares,

you still clean and thats the point! 8) 8)

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Re: Steve's Journal

Posted by humanbeing - 25 Jan 2010 22:45

Shilshul or kilshul S'macht nit Ois :D

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Re: Steve's Journal

Posted by imtrying25 - 25 Jan 2010 23:06

No more drinking steve?? What in the world is that supposed to mean?? I think your gonna get

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Re: Steve's Journal

Posted by Steve - 27 Jan 2010 01:51

just a quick note to let u all know I'm alive and well, even tho' I could be better. Dr. gave me a choice: \$100 of meds or go into the hospital and get it all thru IV. I chose the meds.

But I'm homebound, and unless i get mamash privacy i cant read or post here. SOOOOO, I'll check in again 2morro, if and when I can.

Love u guys. Really do.

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Re: Steve's Journal

Posted by silentbattle - 27 Jan 2010 02:06

Oh, man! Refu'ah Sheleimah! Wish I could come visit you, but you know I'm davening for you and thinking of you.

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Re: Steve's Journal

Posted by Momo - 27 Jan 2010 06:57

Oy, poor Steve! Refua Shleima!

Take care of yourself. I find that once I take care of myself spiritually, I also tend to start taking care of myself physically (eating better, exercising a bit). Do you find this too?

Thinking of you too,

-momo

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Re: Steve's Journal

Posted by Steve - 28 Jan 2010 18:22

Hi kids!

Well, I guess I must learn to make a beter Asher Yatzar. I take my body for granted, that's 4sure.

BH stayed out of the institution. It's also much safer for the environment. HaMaven Yaavin.

When I'm stuck home, and I finally get privacy, I run to check the forum and emails from the chevra. Funny the diff bet what i USED to rush to do when I was alone, and what I'm doing now... visiting holy sites and emails, giving chizuk. And most important for ME, GETTING chizuk.

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2 days ago, I passed a not unattractive custodial woman in the hallway on my way out of the Dr.s office, in the past I would have stolen 2nd and third looks at her, even tho I was walking with my wife, and even tho I felt sick as a dog. When I realized I could avert my gaze so easily, and didn't feel that old pang of a lost chance, and that I basically didn't really care what she looked like, I said over & over again BH, BH. BH. Thank you Hashem for bringing me to this point. IT FELT SOOOOO GOOD! It's NOT control - it was BLESSED INDIFFERENCE!!

Guys, BELIEVE ME, I am no more special than ANY OF YOU. If I can do it, **ALL OF YOU SURELY CAN!!!**

Just keep going!!! Don't give up, and WE WILL ALL MAKE IT TOGETHER!!!

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