

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 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.

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Re: Steve's Journal

Posted by 7yipol - 28 Jan 2010 21:48

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It's NOT control - it was BLESSED INDIFFERENCE!!

The most freeing feeling in the whole world, isn't it?

I cant tell you how happy I am for you Steve.

May the battle always be in the past tense.

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Re: Steve's Journal

Posted by imtrying25 - 28 Jan 2010 22:38

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Hey ya steve?? Did you here Watson is getting alot quicker these days than Sherlock?? You know why?? Cuz watson drinks redbull!!! :D :D :D :D :D :D Do you??

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Re: Steve's Journal

Posted by Steve - 29 Jan 2010 18:13

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I'm Trying:

PLEASE TRY HARDER.

Have a GREAT SHABBOS, Y'all!!

BTW almost back to myself.

As we used to say in the Bowery,

"Slugs and Misses,"

Steve.

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Re: Steve's Journal

Posted by imtrying25 - 30 Jan 2010 20:44

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Sorry papa dont get it! So happy you pulled yourself out of bed to say hello. The bedbugs were  
:D

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Re: Steve's Journal

Posted by OneLife - 30 Jan 2010 22:45

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hi steve,

if there are no news its great.

i see you doing good,

and just remind you that the deal between us was your idea, and it absolutely saved me  
sometimes.

thank you man, im grateful to you. 8) 8)

SHAVUA TOV!!

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Re: Steve's Journal

Posted by Steve - 31 Jan 2010 20:52

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Hi GANG!!

I'm back from sickbay.

You can all visit Momo's thread to see my cartoon "vort" for the day, and while you're there, drop him a line to let him know we're all praying for him. He's one of the bravest of the heros on this forum and he's been through a lot lately. So let's all pick him up. G-d knows how many times he's done that for so many of us, and now it's OUR TURN to be there for him.

see ya in the funny papers...

Kol Tuv!!

PS - OL and HABA, I'm still in the lead at 48/49 days. You two still hanging tough?!! Oh, and IT - "You wan' a piece of me?" - your first meal at our new restaurant in ON THE HOUSE. :D :D :D ;D

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Re: Steve's Journal

Posted by imtrying25 - 31 Jan 2010 22:03

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You should know, the last time someone offered me an "on the house" he never paid up!!!!

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And btw are you a gherkin??? Cuz me HAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAATE GHERKIN!!!

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Re: Steve's Journal

Posted by habaletaher - 01 Feb 2010 05:31

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Howz my favorite pickle doin?

I'm still with you, but came within a hairbreadth of losing it, this deal with you me and OL is really a huge huge help for me, so don't you fall away here, or we're gonna have to open all your bumps to expose the raw flesh and pickle you in a barrel of habaneros!!!

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Re: Steve's Journal

Posted by Momo - 01 Feb 2010 07:53

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[Steve wrote on 31 Jan 2010 20:52:](#)

Hi GANG!!

I'm back from sickbay.

You can all visit Momo's thread to see my cartoon "vort" for the day, and while you're there, drop him a line to let him know we're all praying for him. He's one of the bravest of the heros on this forum and he's been through a lot lately. So let's all pick him up. G-d knows how many times he's done that for so many of us, and now it's OUR TURN to be there for him.

see ya in the funny papers...

Kol Tuv!!

PS - OL and HABA, I'm still in the lead at 48/49 days. You two still hanging tough?!! Oh, and IT - "You wan' a piece of me?" - your first meal at our new restaurant in ON THE HOUSE. :D :D :D ;D

Glad you're feeling better.

Thanks for the call-out.

49 days! Wow! Momo's proud of you, son!

Thinking of you.

I wuz here.

--Momo

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Re: Steve's Journal

Posted by Steve - 01 Feb 2010 16:06

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[Momo wrote on 01 Feb 2010 07:53:](#)

I wuz here.

--Momo

Just jumped into this here pool (actually, GYE is a lot like a Mikveh) to wash off some of the filth, comin' up clean again. BH my resolve's still holdin', tho for some reason I found it harder today to avoid a second look at someone. Practicing what i learned, I looked into myself to see what is bothering me, what am i resenting right now that i needed to distract myself with escaping into a quick voyeur. And whaddayaknow, I found them. Stupid things like a disagreement with my wife over whether to buy cheap or lease a car to replace my jalopy that went broke, and important things like how to motivate my Dad to do his therapy. So again, another proof to the Living in Recovery System, that once i uncover the root cause, the DESIRE to look is removed from me. I MUST remember to follow this path anytime i get the wrong urges. Then, instead of white knuckling it, I get to sigh and move on.

Will this method work for most people who haven't gone thru the 12 steps yet? I would like to think so. But on the other hand, maybe it works for me because I BELIEVE in the approach, that it WILL WORK because I have seen how it fits in with my new philosophy of life with this addiction. It also helps that once I gave it a good chance, I've experienced that it DOES work.



Have an AWESOME day, everyone. Keep the FAITH!!

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Re: Steve's Journal

Posted by sci1977 - 01 Feb 2010 17:09

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KUTGW!!!

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Re: Steve's Journal

Posted by silentbattle - 01 Feb 2010 18:12

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Tahnks, Steve - important points for everyone to think about.

And whether or not it immediately removes the temptation, it still points us in the right direction, shows us what we need to work on *anyway*!

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Re: Steve's Journal

Posted by humanbeing - 01 Feb 2010 20:10

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**I LOVE STEVE SO MUCH ..YEAH!!! oH ..HE'S ALWAYS THERE FOR ME...STEVELE IS TRULY THE BEST....I HAVE HOPE/BECAUSE OF STEVE...[/size]**

AND HASHEM WHO PUT ME IN TOUCH WITH HIM!!! (STEVE - PUT THAT TO YOUR FAVORITE MUSIC TRACK AND SING IT FOR ME)

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Re: Steve's Journal

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Posted by imtrying25 - 01 Feb 2010 21:17

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Wow steve! 2 points for you. A pickle getting so much attention?? Wow!!

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