

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 Momo - 02 Feb 2010 06:45

[humanbeing wrote on 01 Feb 2010 20:10:](#)

**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]**

Human,

Love what you did here. Very fancy stuff. Move tag. Glow tag. I'm still stuck on the Color tag and the Font Size tag. You put me to shame. ;D

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Re: Steve's Journal

Posted by Momo - 02 Feb 2010 07:00

[Steve wrote on 01 Feb 2010 16:06:](#)

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

I wuz here.

--Momo

Steve, you da man! I'm happy to see that someone "got" my pun (I wuz here, "fuzzy-wuzzy").

I was shocked to find on Wikipedia that there are a group of warriors known as "fuzzy-wuzzies". I guess it's the hair (~~see my avatar~~ (I changed my avatar already, but go to Wikipedia and enter "fuzzy-wuzzy)). Fuzzy Wazzy wasn't very fuzzy, was he?

Have a great day Steve-man!

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Re: Steve's Journal

Posted by imtrying25 - 02 Feb 2010 11:49

Hey steve!!! Wad up??

And Momo noone puts you to shame!!!! Every so often i see another of your posts you sent out that time!! And it warms my heart like the first time i saw it!!!

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Re: Steve's Journal

Posted by Steve - 02 Feb 2010 15:01

[imtrying25 wrote on 02 Feb 2010 11:49:](#)

Hey steve!!! Wad up??

And Momo noone puts you to shame!!!! Every so often i see another of your posts you sent out that time!! And it warms my heart like the first time i saw it!!!

Funny how warm those fuzzy wuzzies look. Even Cousin IT thinks he wants more hair....

And speakin' of the warm and fuzzy feelings, I just want all youz guys to know how much this here chevra means to me... I feel good knowing there are a bunch of crazy people like me, who takeh really know me much better than my local friends think they do. As we all know, girls are much more socially involved with each other than us, and a guy's life can get pretty lonely. Yeah, we connect with those guys around us on some kind of "around the water-cooler" role-playing level, mostly quick banter or territorial posturing. Rarely do we let our guard down and REALLY share our fears and weaknesses. And it takes a very special marriage to be able to share those things with your own wife. Many of us are afraid we'll either lose our wife's respect, or we'll hurt or worry her if she perceives her husband as weak. So we spend the whole day putting up that macho facade, while our inner child hides in the corner waiting for a chance to cry in peace.

So I want to sincerely thank all you guys from the bottom of my liver, for allowing me to open up and feel at home here. May G-d Bless everyone one in this holy chevra, and bring us all out of darkness into His great light together.

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Re: Steve's Journal

Posted by Momo - 02 Feb 2010 15:11

[Steve wrote on 02 Feb 2010 15:01:](#)

And speakin' of the warm and fuzzy feelings, I just want all youz guys to know how much this here chevra means to me... I feel good knowing there are a bunch of crazy people like me, who takeh really know me much better than my local friends think they do. As we all know, girls are much more socially involved with each other than us, and a guy's life can get pretty lonely. Yeah, we connect with those guys around us on some kind of "around the water-cooler" role-playing level, mostly quick banter or territorial posturing. Rarely do we let our guard down and REALLY share our fears and weaknesses. And it takes a very special marriage to be able to share those things with your own wife. Many of us are afraid we'll either lose our wife's respect, or we'll hurt or worry her if she perceives her husband as weak. So we spend the whole day putting up that macho facade, while our inner child hides in the corner waiting for a chance to cry in peace.

So I want to sincerely thank all you guys from the bottom of my liver, for allowing me to open up and feel at home here. May G-d Bless everyone one in this holy chevra, and bring us all out of darkness into His great light together.

...and thank you Steve for being a part of our lives!

It's quite amazing how we learn from each other, and understand each other, complete strangers, more than people who see us every day.

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Re: Steve's Journal

Posted by Steve - 02 Feb 2010 15:19

OOOOOOOOOOOOOOO!!!!

I LOVE PUPPIES!!

Great New Avatar, Mo-man!! Let's all act like puppies!! HAPPY AND IN LOVE WITH THE WORLD, just EXUBERANT about EVERYTHING!!

Now THAT'S a GREAT CHIZUK for today. AND EVERYDAY!!

THANK YOU MOMO!! I NEEDED THAT PICK-UP!!

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Re: Steve's Journal

Posted by sci1977 - 02 Feb 2010 16:11

Hey steve, just checking in. Hope you are doing well.

KOT!!

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Re: Steve's Journal

Posted by OneLife - 02 Feb 2010 16:21

[sci1977 wrote on 02 Feb 2010 16:11:](#)

Hey steve, just checking in. Hope you are doing well.

KOT!!

hey,

steve,

when i was a child (~30 years ago +-) there was a TV program called "Steve Ostin" or
sure, steve is doing well, otherwise a few peoples else wouldn't doing well.
something sounds so.

the key player was like superman really hero man, and since you have the same name as him,

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Re: Steve's Journal

Posted by Steve - 02 Feb 2010 16:35

Sorry to disappoint you, but I don't look ANYTHING like a Super Hero.

In fact, you know how the Chazal say this world is an OLAM HAPAICH, an upside-down world?
In shomayim everything will be reversed for the better.

i imagine you as him.

So when i get to shomayim I'll be barrel-chested.

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Re: Steve's Journal

Posted by OneLife - 02 Feb 2010 17:10

;D

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Re: Steve's Journal

Posted by Momo - 03 Feb 2010 06:59

[Steve wrote on 02 Feb 2010 16:35:](#)

Sorry to disappoint you, but I don't look ANYTHING like a Super Hero.

It's not a disappointment.

We've had enough looking at the physical aspects of people. That's bad for us.

Cute puppy now says hello to Steve, wags his tail and licks your cheek (if you like that sort of thing)

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Re: Steve's Journal

Posted by humanbeing - 03 Feb 2010 09:05

Since we are so much into starting to live in a world of truth in this world....By Us Steve, You're Barrel- Chested already!....If you like that sort of thing. ;D

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Re: Steve's Journal

Posted by imtrying25 - 03 Feb 2010 11:59

We look at people on the inside, and to us you're a superhero.
Steve!!! Thanking me from the bottom of your liver?? UCH!!!!!!!!!!!!!!!!!!!!!! NO THANKS TO YOU

MAN!!!!

:D :D :D :D :D :D :D

The thanks go to you steve. For sharing so many insights and thoughts with us!! It really cant be said in words how much we gain from eachother especially form you!!

Do have to be honest i like the shortys more than the longies, but i like them all!!

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Re: Steve's Journal

Posted by Steve - 03 Feb 2010 16:00

[imtrying25 wrote on 03 Feb 2010 11:59:](#)

Do have to be honest i like the shortys more than the longies, but i like them all!!

Only have time to check in today to say hi. HI. that's it. gotta catch up on work.

KUTGW everybody!! Remember Hashem Loves You!! You wouldn't still be alive today if he didn't!!

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