

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 bardichev - 20 Dec 2009 03:06

Gut voch steve

No pizza I'm snowed in

bardichev

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Re: Steve's Journal

Posted by Holy Yid - 20 Dec 2009 04:25

Gut Voch.

I am not going to comment on the discussion here because it is not productive. Focus on giving and have things you find interesting to think about. Guard yourself from trouble and look for fulfillment in your life. If you want to scream about Harry(you where not here then, Thank G-d) do it briefly and move on. Work on yourself. You will come to love it. Love being sober enjoy it and then you wont want to give it up.

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Re: Steve's Journal

Posted by the.guard - 20 Dec 2009 14:30

She may be a problem but shes not your problem. Maskim but it doesnt change the facts.

It doesn't change the facts, but it changes the attitude, and that's what REALLY counts.

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Re: Steve's Journal

Posted by Steve - 21 Dec 2009 22:22

Hi everyone!! Day 8 is here, and it's been good so far!

Shabbos and Sunday were bigtime snow days, as everyone knows, spent a lot of time digging out 2-2.5 ft. of the pure white stuff. Stuck at home without much computer privacy so i couldn't post or check the forum, and toady I had my 2 hr. step 5 call with DC. I must say I have to absorb it all, it certainly has the potential to change my life for the better if i could just be less anxious and "jump" more, i guess...

I also see that a lot of the names that were on the call in earlier weeks are either no longer calling in, or just not announcing themselves. It apparently is expected that over time people drop out, as the demands of the program get tougher to face, or as time constraints vie for priority. To any of them that see this, all I can say is that I miss you guys. For me, it was exciting knowing there were so many people in the trenches with me, it gave me great chizuk. But also, I worry for you that without succeeding in the 12-step program, you'll be facing the same repetitive challenges of life and react to them eventually the same way - the seemingly endless cycle of "falling", "starting to rise" and "falling" again. The self-loathing, the self pity, the depression, the degraded quality of life, the lost seconds, minutes, hours of profound joy and meaning that could be yours, that I hope and pray will be mine if I succeed.

I know I can not afford to quit. I know i can not fool myself to believe I can do this on my own, or just by continuing in the Blue Book privately without a group, without a sponsor. I want the new life the program promises, so bad I can taste it. I daven that anyone who feels it's tough for them now, please think about coming back again now, later, with another sponsor, SOMETHING. The forum chizuk is wonderful, and derachecha darCHEI noam, there are many paths. But why try to blaze a new trail to avoid the hills, when there is a nice clear path left by those who have gone before, albeit filled with tough inclines?

DC says we are beginning week 10, and it's supposed to be a 13 week program, so we've come this far together, and we're almost there. What is "there"? I don't know yet, I didn't get there! But

i have a feeling "there" is a point where I have been given all the tools I need to succeed, and have been shown how to use them, and maybe have had some practice sessions with these tools. Then it is up to me, to use these tools wisely and internalize them thru visualization and practice. I understand I will need to review a lot, even join in other calls as a "veteran" to gain more chizuk for myself, and maybe contribute chizuk to others. Maybe DC can make a second level "shiur" for us veterans of Call level 1.

Look, all I know is that it took me 52 years to get to here, today. There's a lot of ingrained programming that I'll have to undo and reprogram, new responses to life, new ways to look at things. It's gonna take a long time. I can't possibly be a "shalem" by the end of week 13. But every success will breed more, mitzvah gorereess mitzvah, and ulai I will become who I was meant to be.

Oh, look at me, rambling again.

According to the rules, I should have been a Super Villain because I monologue so much...

Until tomorrow,

Steve.

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Re: Steve's Journal

Posted by bardichev - 21 Dec 2009 22:55

Holy steve

I was trying to find you a better pickle

Until then

Tamshich Trucking!

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Re: Steve's Journal

Posted by Steve - 21 Dec 2009 22:57

I have a good pickle in the works. Hold on. It just needs a few more days in the jar.

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Re: Steve's Journal

Posted by Steve - 22 Dec 2009 19:19

Day 9 started out with a real heart-to-heart talk, a 3-way conversation between me, Hashem, and me. Sat on the edge of my bed for an hour from 6:30-7:30am, going over my Step 4 Resentment List in my head (225 entries - *am I meshugah or WHAT?*) and trying to look at each person and episode with "new glasses", the opposites of the previous pairs of lenses I'd been using.

THAT was a real EYE OPENNER - every punn intended... - and I discovered some uncomfortable truths about myself. I always prided myself on not being selfish, but now I see many times when I was very selfish, not being honest with past and present relationships cuz I wasn't capable of being really honest with myself.

The 9th step is gonna be difficult to do in some circumstances. But if it will free me from lust, I'm going thru with it. I **can** see how it works before doing it, but that doesn't make it easier. It takes bravery and a lot of emunah and bitachon, cuz when you humble yourself you become more vulnerable, even tho I'll have HKB"H on my side. But, at the same time, it makes you MORE HUMAN, MORE ALIVE than before the humility. It's NOT a weakness, it's NOT about letting others walk all over you - NO!!! that's not what this is. It's an EMPOWERING, LIFE AFFIRMING step. The resentments, and the people I resented, those memories - THEY WILL NOT OWN ME ANYMORE!! I WILL OWN THEM, and then I will be free.

OK, Pep Talk is over. Now I gotta do it. I'll let you know if the doing meets or exceeds the expectations, so stay tuned.

BTW, there is STILL a part of me that wants VINDICATION! (sneer-snicker-twirl the handlebar mustache and leer - "nya ha haaaa!") I have been fantacizing about writing down the "9th Step Amends Script," tying it to a brick, and throwing thru the front window of the law office of the 2 brothers that were my personal tormentors when I was 5,6,7 years old. Even tho my new glasses were showing me how to forgive them and move on, I kinda wish I had done the revenge thingy first...

OK, Bards, Keep On Skidding!

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Re: Steve's Journal

Posted by Kedusha - 22 Dec 2009 20:35

Steve,

This thread is wonderful!

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Re: Steve's Journal

Posted by Steve - 22 Dec 2009 20:55

OK, my friends, here's my first big test, and I don't know how I can make it. I'm not talking falling into lust right now, just into **depression and self pity**.

I'm almost crying as I'm reaching out to y'all. I know i'm a newcommer, and older than most of you who don't drink 7 Up, **but please be there for me as you have been there for eachother!**

I just got a phone call from a client who is pulling a contract because I had never finished the project. They're an amazing frum company, that has been exceedingly patient with me (my contract called for delivery in Dec. of '08) B"H they are not asking back any of their previous payments, they can use the work I've done till now, just hire someone else to complete it. But it will not be my project anymore. It's a loss of over \$4k that I needed, since I'd been laid off since April of '08. So how to tell my wife is another story.

Many are my excuses for the delay, which has been over 1.5 years long, and most of them are outside forces and crisis like illness in the family and taking care of parents, that interrupted my work flow. But I cannot pretend that I am not to blame. There were avail to me 1000 times the hours needed to finish this, but instead of facing the work, I drowned myself in lust and internet viewing, adding to the endless cycle of self depreciation that put me into this over-a-year-long creative funk. The addiction caused me to lose my belief in myself and my ability, and I fell headfirst into the "overwhelming fear of personal failure" that crippled my yishuv haddaas, which is critical to my work.

There was an award-winning CG animated short film (15 min) called "Ryan" that puts into visual context this "overwhelming fear of personal failure" that can swallow a person up whole. I have been struggling against that, and have started seeing the light at the end of the tunnel thru the 12 Step program, which is teaching me to rely on Hashem.

It is a real devastation to me to lose this job, it's like a stamp of approval on the "personal failure" label. That's how my old programming wants me to see it.

I'm trying hard to look at this development thru new glasses, maybe it's Hashem's way of helping me let go of the overwhelming weight on my shoulders, where I wanted to make amends with this project, now instead just drop it and move on. **I need chizuk** to believe this, and to walk away with my head held high, and not feel like a failure. And in the future, when I open a catalogue and see this project that another person finished, it will hurt so much - I've had that experience several times in the last year, seen beautiful work that I would have loved to do slip thru my fingers cuz my hands were tied up. I'll need a lot of visualization in advance to get over that one.

Now I am in the beginning of a similar project which is almost 2 weeks behind schedule, and if I fall into depression I'll breach that contract as well, and have NO income at all. I've got to pull thru this!!!!

**ANA HASHEM, HOSHIYAH NA!!! ANA HASHEM, HATZLICHAN NA!! Hashem, My G-d,
please HELP me!**

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Re: Steve's Journal

Posted by bardichev - 22 Dec 2009 21:01

steve steve!!!

dont fall into nebechil mode

dont do that!!!

nebechil mode is the greatest form of self-somertication whatever it is is

no good

steve

you will not turn your life around in the blink of an eye

one day

one hour at a time!!!!

send me a pm

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Re: Steve's Journal

Posted by Steve - 22 Dec 2009 21:07

going to mincha early might help. Daven for me I get some inspiration. please

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Re: Steve's Journal

Posted by Kedusha - 22 Dec 2009 21:13

Here for you Steve!

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RE:steve's journal

Posted by loi-misyaeish - 22 Dec 2009 21:26

I was always told 'hashem prepares the refuah before the makka' just watch out for it. AL
TISYAESH STEVE! I'm behind u all the way!

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Re: Steve's Journal

Posted by imtrying25 - 22 Dec 2009 21:57

Steve dont forget your a pickle!!!! And i love pickles. So if i can be of any help send me a
~~cucumber~~ i mean a call out.

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