

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.

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Re: Steve's Journal

Posted by sci1977 - 18 Feb 2010 19:08

I am in awe over that post. Thank you for mentioning me the way you describe me. It's not easy to be positive all the time. However, I have huge money problems myself. I barely scrape by. But I know in my mind money is not the only thing that gets me through. It's everything that get me through. Look at your life around and be proud of your life. Money is a part of it but not all of it. Do I get down sometimes over my money situation, yes. Does it consume me sometimes? yes!! but then I remember about the things in life money has nothing to do with. Money has nothing to do with the love for yourself. Nothing to do with the love for your wife or kids. It has nothing to do with the most important thing, G-d. Lastly, you said I walk away from the YH. It's not that a walk away from him. I live against him. In living your life, you are against it. You win by living. Keep on trucking my friend. Glad you enjoyed the pages around MM. It was very hard and still is. I could not imagine how much he inspired me. But he has.

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Re: Steve's Journal

Posted by Gabe - 18 Feb 2010 23:12

Steve, you're a fantastic a bloke and an inspirational member of this website. Keep up the great work!

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Re: Steve's Journal

Posted by imtrying25 - 18 Feb 2010 23:14

Oh and dont forget, your a pickle too, and you know what that means dont you??

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Re: Steve's Journal

Posted by silentbattle - 18 Feb 2010 23:46

[Steve wrote on 18 Feb 2010 18:55:](#)

Not being **OVER** lust does NOT mean that one day I am bound to be **OVEIR** lust.

Nicely said.

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Re: Steve's Journal

Posted by Steve - 19 Feb 2010 17:19

Have an Awesome and Great Shabbos, Everybody.

I'm gonna try to feel the kedusha this shabbos. It's been too long.... I really miss i old connection to Hashem. I know how to get it back, but it takes a lot of bravery to make it complete. I'm davenning He'll be patient with me, and accept that which I can give to him, slowly.

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Re: Steve's Journal

Posted by sci1977 - 19 Feb 2010 18:29

Steve,

Have a wonderful Shabbos. It is amazing how you look at your connection with G-d. I learn so much from how you are preparing to daven. Inspirational!!! Bravery I feel comes from within your deepest parts of you. I know you will be brave.

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Re: Steve's Journal

Posted by NOYA - 21 Feb 2010 02:23

Hailegeh Steve! I asked the Bard and he said something like Mishenichnas Adar bardin
Besimcha, y'know something bardish like that. I got hungry reading about the steaks, thanks a
. Anyway, my heart goes out to you and sci about the money problems, and I'll daven for you
guys. I hope things work out and you have continued success on the WOH. Have a great night!

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Re: Steve's Journal

Posted by Steve - 21 Feb 2010 04:59

Shavuah Tov, Gutte Voch, whatever you like, just

HAVE A GREAT WEEK!!!
lot

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Re: Steve's Journal

Posted by Steve - 21 Feb 2010 13:06

OK, guys, while we're doing the "be brutally honest" model of psychotherapy, (BTW, forgive
misspells as this comp doesnt do spllchk very well), here's my scoop:

1. as much as I'd love to hang out here this week leading up to Purim, I have too much work
I'm obligated to do and only so much time, so something gotta give. I'll be more marbim
b'bardishe simcha if I can get it all done b4 shabbos. So i'm gonna log out till after Purim.

2. I had been a TV addict when I was a kid, and as an adult with BH no TV at home, I became a

closet Movie addict as well. When kids were young and needed distraction, I fell into the trap of my YH to get a VCR with a TV as a monitor on the excuse it's for them to watch "healthy" videos like Barney and Jewish Kids ones, while deep down I cherished the chance to watch a "kosher" movie once in a while with my wife. Fast forward 17 years and we have a drawer full of VCR & DVD disney movies, old TV shows like Andy Griffith & I love lucy, "socially redeeming" family movies, you get the picture. Klds now are limitedly addicted to episodes and moivies we have, or Harry Potter computer games, and cannot think creatively so much how to amuse themselves otherwise. These past weeks when the big chill came, I paid to join a movie download site, so we could get old hollywood "even MORE kosher" movies you can't find anymore that could distract the kids who were cooped up and asking for them. My wife's really into it, feels you gotta give the kids SOMETHING and not say No No No all the time, or they'll end up off the derech.

I kept a copy of the program on my work comp, and when it went back to the office, I started downloading & watching action flicks I missed all these years, instead of working. See? - INstead of watching P, I was becoming an addict again to this stuff, and work and life was suffering again.

On Friday i got a phone call from a client whose work is now 2 months late, and they started telling me how I've ruined my reputation and now have a name as someone who does great work but takes forever to deliver. It's like hitting rock bottom for me.

BH I decided to be brave and honest with myself, an influence from Sci1977 among many others of you, and Motsoi Shabbos I went into my office and deleted all the movies I had downloaded, and as soon as I figure out how to uninstall a program on my Mac, I'm deleting the program there too. i am determined to rebuild my rep, and I'm starting by treating Movies and videos the same way I treated lust - no second looks. And starting today I'm gonna stay away from anything that distracts me from learning and working and family time, bli neder.

MAY HAshem give me the strength and ability to put this all into practive.

3. I love you all, I'm still clean and now even MORE sober, and intend to stay that way until Purim. Then I'm drinkin with the best of them!

Until Moetsoi Shushan Purim, I wish you all a Freilechen Purim!! Be B'Simcha!!

Steve (the man getting out of a big pickle)

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Posted by imtrying25 - 21 Feb 2010 16:05

[illegible]

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Posted by sci1977 - 22 Feb 2010 02:35

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Posted by Momo - 22 Feb 2010 06:29

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Anyway, good luck. Doven, and have a wonderful Purim.

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Re: Steve's Journal

Posted by bardichev - 22 Feb 2010 11:50

Steve you are a role pickle I mean a role model

A freilichen Purim

If you pickle your way thru my slce of the east coast please make a lchaim chapp a rikkud!!

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Re: Steve's Journal

Posted by silentbattle - 22 Feb 2010 15:51

Wow - as always, I'm amazed, impressed, and inspired.

I would point out that as far s feeling the kedusha on shabbos, that can be very difficult - but focusing on all the wonderful things we havem, our family, and enjoying what we have (family time, shabbos meals, singing, divrei torah, etc), that can help.

Hope you have a great week, and a fantastic purim!

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