

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 Steve - 10 Mar 2010 04:41

Hiya, y'all...

here's a synopsis of my day:

AAARRRGGGHHH!!!!, man's quest to be technically savvy while saving a few cents, makes us run around like headless chickens and waste a LOT of time...

To save money in the long run, I ordered this thingy called magicJack, which plugs into a USB port in a comp w/ high-speed internet, and for a min. annual fee you can plug a phone into it and call ANYWHERE in the US and Can for free, and you get your own telephone number which is very anon. i got this so i can call the DC conference call w/o worries of fees, tracking, etc. Techie issues had me on chat with their support for almost 2 hours altogether. Got it to work, but found out they are BLOCKING the conference lines we use, in order to promote their own free conference lines. There's a workaround using a SkyJack Plugin to get Skype to work thru the magicJack, but so far that's only avail for windows & not Mac.

So as of now it still doesn't help me for the conf call. BUT I do have this phone I can use for free calls in the US AND receive calls even from Israel, with the clarity of a land line. And its VERY anon.

It was fun working with DOV from Israel to steer the good Ship Lust-Will-Pop today, according to Captain Duvid Chaim's charts. Dov is an amazing guy, he is so full of life and wisdom, and so giving of himself, i sit in awe of him (I'm too tired now to get up). And I am learning so much from the amazing crew we have on this call. Tremendous insights, caring, and humor, it's my favorite place to be after the fridge. Tomorrow promises to have some real inspirational reading, from both the SA White Book and the AA Big Book. So I'm really looking forward to tomorrow.

Hey OL, no jinxing, but did you see what Day it is?

Hey Haba, I miss you. Let me know how you're doing so i can drink another l'Chaim to you (any excuse will do...)

Noticed 2 married frum ladies walking around the jogging path while I drove to work this morning. Of course, had the regular normal urge to "check them out" as I passed them. BH. I immediately stoped myself from half of the first glance, and then skipped the complete second glance. What helped was to think of even that first glance as the "first drink" from that which i am allergic to. And they were dressed sniyusly, yet! I wouldn't see more skin than the Taliban would have let! Nevertheless, I knew that if i looked at them, by the time I got to work i'd have more of an urge to look at CNN, and from there it's just a stones throw from having something fleshy catch my interest. So i drove by with a "no thanks" to the YH, "not today, not for me, sorry, not interested..."

like i said before, it's not CONTROL, it's an awareness that it's poison. And i've got SO MANY OTHER good things to do with my life, the fleeting pleasure from this stuff just doesn't come close to real joy.

So I had a real neck and neck Stratego game with my son tonite, MAMASH he was one space away from losing, but he kept his mind sharp and didn't miss his last ditch options. I was REALLY glad that he won. He worked hard for it, and saw that he could succeed if he keeps his cool. Nice life lesson. And it helped us to become closer. Which is worth GOLD.

So now I'm exhausted, but pushing myself another few minutes before going to beddy bye.

Nitey Nite, y'all...

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Re: Steve's Journal

Posted by bardichev - 10 Mar 2010 05:22

By the way steve

Those joggers they are not "your" problem!!

Thnks for not looking

Its good to work on not looking before the weather gets warm

KEEP ON TRUCKING!!

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Re: Steve's Journal

Posted by Steve - 10 Mar 2010 15:17

GOOD MORNING CHEVRA!!

Have a GREAT DAY everyone!!

Life is GOOD. Sun is SHINING! We can OPEN WINDOWS! Shake out the DUST of winter. Get ready for the SHAMOS TRUCK! Pack up our old clothes and DONATE THEM! Clean out the kids knapsacks, find their old lunches and DONATE THEM...

oops... I'm getting a little carried away...

Whaddaya want from a giddy guy in the middle of Day 86? Poetry?

Be cool, jewels, & I'll see ya later...

Posted by bardichev - 10 Mar 2010 15:35

LET ME SEE IF MY LOCAL KRETCHMA HAS SOME WOODY!!

STEVE!! WE WILL DRINK ON YOUR 90

ILL BRING MY TRUCK TO WHEREVER YOUR SLICE OF THE EAST COAST FINDS YOU!!!!!!!!!!

GEVALDIGGGGGGGGGGGGGGGGGGGGGGGG!!!!

B

Posted by silentbattle - 10 Mar 2010 18:07

Wow - incredible on so many levels...but I'm going to focus on one in particular - i love the way you realized what one look would lead to!

Eizehu chacham? You know the rest! That's you, man!

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Re: Steve's Journal

Posted by Steve - 10 Mar 2010 19:10

now I'm blushing...

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Re: Steve's Journal

Posted by Yosef Hatzadik - 10 Mar 2010 19:55

[Steve wrote on 10 Mar 2010 19:10:](#)

now I'm blushing...

A RED pickle?

...even pickled tomatoes are green!

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Re: Steve's Journal

Posted by Steve - 10 Mar 2010 20:16

What? You never heard of a

Shmaltz Pickle?

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Re: Steve's Journal

Posted by habaletaher - 11 Mar 2010 07:38

Steve, come Day 90 and the Woody is on me!

I'm gonna come out of my self imposed shell to at least have a l'chaim with you, OL and anyone else (I think Bardy is in, he's always in for some Woody!)

Just give me a way to call anonymously and I'm all over it!

Then I have to figure out if I'm gonna crawl back into my shell or be a big boy and come out and play some MUSICHHH!

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Re: Steve's Journal

Posted by Steve - 12 Mar 2010 04:38

Hello my friends. Here's a post I just posted on OL's thread. We're both very close to the 90 day milestone, and the YH is mamash choking to death. So he's fighting tooth and nail. I've mamash got scratches. I thought it would be smooth sailing, just sorta coast on in, but he's mamash sneaky and rocks my boat with someone else's wake. We're not talkiin' white knuckling it, but the sneak attacks that DC taught us to watch out for.

I'm davening to Hashem, Dear Tatty, KEEP GIVING ME OF YOUR STRENGTH!!!

Here's what i wrote to OL:

OL, keep hanging in there. The YH KNOWS he's on the rocks! He's gonna try to get you upset about something, gonna try to get you angry and hurt.

DON'T LET HIM FOOL YOU! IF YOU GET AT ALL RESENTFUL THEN THE LITTLEST STUPIDEST THING COULD BECOME A TRIGGER, C"V!!

I've seen him work overtime on ME today!

Temptations I thought I was past, have started to come back.

I was standing at the edge of the pit to Gehennim

My toes were hanging over the edge. Little pebbles were being knocked into the pit, I WAS THAT CLOSE TO MAKING A BIG MISTAKE...

2 TIMES WHAT STOPPED ME WAS KNOWING I WOULD BLOW THE 90 DAYS! I WON'T GIVE IN!!

I RAN AWAY FROM THAT PIT AS FAR AS I CAN, AND I'M STAYING AWAY!!

DON'T LET HIM TRICK YOU, CHAVER!!

TAKE EVERY DAY AS THE ONLY DAY!

AND AFTER DAY 90, DON'T LET HIM TRICK YOU INTO THINKING YOU CAN LET DOWN YOUR GUARD!

Day 91 will be like Day 1. Maybe we won't white knuckle it as much, but we will have the nisyonos, they don't just go away.

I LOVE YOU, OL!!! STAY STRONG MY CHAVER!!

Have an AWESOME Shabbos!!

Steve

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Re: Steve's Journal

Posted by Steve - 12 Mar 2010 18:04

TODAY I'M SO HAPPY!!

I don't know exactly why, I mean, I have all the same old problems as the previous days, I'm already running late, etc. etc, ...

BUT NONETHELESS I AM SOOOOOO B'SIMCHA!!

I want to CHAP A TANSE with EVERY SINGLE YID! OK, EVEN THE MARRIED ONES!

I LOVE being a YID! A TORAH YID! And that sounds awfully close to A TIERE YID!!

THANK YOU TATTY IN HIMMEL FOR BLESSING ME WITH PICKLE-HOOD

SO I COULD FIND THIS WONDERFUL CHEVRA OF TEIRE YIDDEN!!

I LOVE THIS CHEVRA. YOU GUYS HAVE SAVED ME AND MADE ME!!

LONG LIVE KEDUSHAS EIYNAYIM!! LONG LIVE GUARD & DC & ADMIN 2 & MOM!!!

LONG LIVE BARDS AND MY ALL CAPS BUTTON!!!

LONG LIVE ALL MY HEILIGE FRIENDS, MEN & WOMEN IN THIS HEILIGE GYE FAMILY!!

LONG LIVE KLAL YISROEL!!

Have the most AWESOME and Special Shabbos, Everyone!

AHHHHH, PARSHAS HACHODESH!! WE'RE GONNA GET **REDEEMED!!**

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Re: Steve's Journal

Posted by silentbattle - 12 Mar 2010 19:39

You are awesome, my friend!

Parshas hachodesh - all about renewal!

All the way!

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Re: Steve's Journal

Posted by OneLife - 14 Mar 2010 14:37

how are you my bro??

could we say MAZAL TOV??

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Re: Steve's Journal

Posted by Steve - 14 Mar 2010 21:46

We can say Mazal Tov to YOU, OL on finishing your 90th day!!

but I still have 6 hours and 15 minutes according to the 90 day chart,

1hour and 15 min to shekiya,

another 72 minutes l'chumra to zais hakochovim,

so I don't really know WHEN i hit 90!!

All I know is that

IT'S GONNA BE SWEET!!

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