

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.

=====

=====

Re: Steve's Journal

Posted by bardichev - 22 Apr 2010 05:01

Dovish is one thing

But in order to learn steveish I think ill need the rosetta stone course

B

=====

=====

Re: Steve's Journal

Posted by trying123 - 22 Apr 2010 10:27

Man!!!!

I think it's something about the veterans....

It's like they have a veteran language all unto themselves...

::

Call it Dovish, Stevish, Or Bardish....

It is one of my life's goals to at some point be able to tell my children that I have mastered these languages....

I will then pass it on to them... for future generations to come....

The best way to ensure this is to talk to them, converse with them, read to them, and coo them in Dovish/Stevish/Bardish...

this will have them on a better footing to acquire this great language for life.....

:D :D

=====

====

Re: Steve's Journal

Posted by Steve - 22 Apr 2010 10:51

[bardichev wrote on 22 Apr 2010 05:01:](#)

Dovish is one thing

But in order to learn steveish I think ill need the rosetta stone course

B

No, what you need is the:

"Evelyn Woodhead Sped Reddin Course."

It....in...creeses....com...pren...tion....w..o..n..d..e..r..fully....

Now, if ANY OF YOU know that reference, you better get to DEEP THERAPY FAST, or we'll lock you in the trunk!!

Oh, Hashem, please forgive me for my past... Ani Mazkir Chatasi Hayom...

=====
=====

Re: Steve's Journal

Posted by Steve - 22 Apr 2010 10:52

[Tried-123 wrote on 22 Apr 2010 10:27:](#)

Man!!!!

I think it's something about the veterans....

It's like they have a veteran language all unto themselves...

::

Call it Dovish, Stevish, Or Bardish....

It is one of my life's goals to at some point be able to tell my children that I have mastered these languages....

I will then pass it on to them... for future generations to come....

The best way to ensure this is to talk to them, converse with them, read to them, and coo them

in Dovish/Stevish/Bardish...

this will have them on a better footing to acquire this great language for life.....

:D :D

It's easy to learn...

Easy as 1-2-3...!!! ;D

=====

Re: Steve's Journal

Posted by Steve - 23 Apr 2010 16:14

Gmorning EVERYBODY!!

Hope today stays as bright for you as it's dawn!

I'm having a hard time tho - I FINALLY accepted that I have this Lust Allergy, and I'm working steady to avoid exposing myself to the allergen.

But then, WHAMMO!!! Hashem gives me AIRBORNE ALLERGIES to whatever little particles can get up my nose. AAARRRGGGHHH!!!

Now i know how Noya and all you other sufferers feel. I'm truly sorry for not being sympathetic before. Hashem is helping me to do that, now.

Prob is, i come from a line of VERY LOUD and STRONG SNEEZERS.

Soooooooo, if anybody wants a cheap skylight, invite me over before the season's finished.

BTW, in case you didn't see it, here's a vort from our special chaver Yechiel, that he mentioned on the DC call this week:

Today our Rebbe, Reb Duvid Chaim, was discussing the Middos of Rachamim (Attributes of Mercy). The sixth attribute of the thirteen is Erech Apayim, which refers to God's endless patience with us. It might be possible that Erech Apayim corresponds to the sixth of the Seven Middos through which God runs the world (Chesed, Gevurah, Tiferes etc), which is Yesod. Yesod refers to shmiras habris, moral purity, which is our addiction. This teaches us that Hashem's patience is especially applicable to those of us who are engaged in working on Midas Hayesod, the struggle to establish and solidify the foundations of our lives and our Yiddishkeit. He knows how difficult it is and has all the patience in the world (after all, he created patience!) as he waits for us to get it right by fully turning to Him and letting go and letting God.

Thanks Yechiel. For me, that was really a very uplifting vort, And if you'd know how difficult it is to lift me up (gravitationally speaking), you'd be more impressed!!!

HAVE a GREAT SHABBOS everyone!!

=====

Re: Steve's Journal

Posted by Steve - 25 Apr 2010 21:02

Ok, gang, just poppin my pickled face over here to say Shabbos was good, BH. Trying hard to connect with Hashem, and trying even harder to forgive myself when I step back from my Shemoneh Esrai and decry another lost opportunity cuz my head was swimmin elsewhere....

One of my most deepest tefillos was a moetsoi Purim, semi inebriated, first time without a siddur so I had to try to say it baal peh and succeeded wonderfully! But I don't think it's safe to try to

drink that much before every tefilla....

I think my BEST tefilla of my life, which wasn't even a Shemoneh Esrei, was 12 minutes I had at Kever Rochel (they warned us to get back to the bus in time). I don't know how it happened, i think it was the Kedushas HaMakom, but you can take the 10 greatest Neillos of my life, add them together, and they won't come close to those 12 minutes. I cried to the Mama I never really had, and all my pain as a mixed up perverted golus jew came pouring out, I cried from the depth of my soul, the klippos were ripped off of me for 12 minutes, my shirt was drenched in sweat and tears, as I begged her to beseech Hashem for myself, my family, and our people.

May the Ribbono Shel Olam replay those precious tefillos for me, and may He have the video tape handy every time I offer a senseless prayer, to remind Him that this son of His loves Him and wants to be close again, if I could only concentrate again...

=====

Re: Steve's Journal

Posted by trying123 - 26 Apr 2010 01:19

[Steve wrote on 25 Apr 2010 21:02:](#)

may He have the video tape handy every time I offer a senseless prayer, to remind Him that this son of His loves Him and wants to be close again, if I could only concentrate again...

Hope you don't take yourself too seriously with that...

There is no such thing as a senseless prayer.....

The words have their own power even without any concentration....

Besides... R' Dessler writes somewhere (gotta look it up again...) that the mere fact that one stands and recites the Shemone Esreh... Is in of itself a display of Emuna... Even if he had no concentration.....

We gotta simply try to do the best we can... and G-d loves us for that... (I suppose)

=====

Re: Steve's Journal

Posted by Yosef Hatzadik - 26 Apr 2010 18:27

[Tried-123 wrote on 26 Apr 2010 01:19:](#)

We gotta simply try to do the best we can... and G-d loves us for that... (I suppose)

I don't suppose. ~~I believe~~, better yet, **I know!!!**

=====

Re: Steve's Journal

Posted by Steve - 26 Apr 2010 22:24

Okeedokee, it's honesity and confession time:

I'm going to share some insiders talk, which is more understood if you're following the 12-Step program. Columns refer to parts of some spreadsheets we're working on for the 4th Step, to put the RID (causes or FUEL for our Lust Urge) into a perspective, so we can eventually get past it.

I put this out in the hope that it will help wherever it can, but also to admit my mistakes in public. believe me, no EGO boosting effects there, 4sure.

Quoting today's reading from the BIG BOOK on the DC Call: "Some of us had great self-confidence, but it didn't fully solve the fear problem [*a BIG part of RID*], or any other. When it [self-reliance] made us cocky, it was worse." Now THAT's an A&W mo if I ever heard one. Because the feeling that we've got this licked is all just the Menuval's Trick (hey, it rhymes!), especially for us veterans, 90-dayers, chizuk-givers and chavirim. We can forget that it will ALWAYS have us licked, and is just setting us up for an ambush.

So I also have to admit: I've become a SLIP-A-HOLIC. The thrill of teetering on the edge, never falling all the way to P or M, but sneaking the peeks at the broads on the streets ('nother rhyme?) and the viral videos is happening way too often these days. I can't blame it on Spring weather or dress codes. i'm to blame fully - I let my RID get to me too much.

Dang Nabbit, it's time to peel away those stinky onion layers and uproot this RID from the core.

I have notes in my margins on these pages from the last cruise that I didn't get to share today, so I'll mention them now.

First, there is a connection between Fear and Resentment, so don't be surprised if you are finding overlaps: "Fear creates Jealousy, which produces Resentment." So Jealousy might be a good item for us to add to our 4th column (if you feel it belongs there).

Second, we might lose focus when we concentrate on the Resentments and Fears, and just fill in the 4th column willy-nilly, or without deep probing. Na - ah, we'll be missing an important point: "Resentment and Fear are NOT weaknesses, rather they are the OUTCOME of weaknesses, which are weaknesses of CHARACTER which I possess." Those character defects are listed in the 4th column, which we already mentioned could be expanded to include jealousy, need for approval, etc.

Hence the second understanding I have of that 4th column - It's NOT my part in the CAUSE that's listed, it's MY PART IN THE OUTCOME - what flaw do i have that is FORCING me according to my "present programming" to become resentful or fearful by a particular "stimulus."

Cause if I find myself slipping or WANTING to fall, getting the urge, then I DANG WELL MUST be feeling the PAIN of Resentment and Fear. And DAMMIT, I wanna know WHY!!

I think DC's line today was VERY IMPORTANT, and Vet Michael's testimonial verified it. IF WE WANT THE MOST SUCCESS OUT OF THIS PROGRAM, WE MUST DO THIS STEP LIKE OUR LIFE DEPENDED ON IT. becuz it does.

I think this is where i had a lacking on the last cruise. i never had the catharsis that Michael and Dov had in Steps 4/5, and I even resented it. I didn't really appreciate the intensity of digging deep enough to really understand and FEEL that 4th column.

But that was THEN, and THIS is NOW! THIS TIME, with Hashem's HELP, i'm going to go COURAGEOUSLY forward to where THIS man has NEVER GONE BEFORE.

And I'm praying that I'LL FIND YOU ALL THERE WITH ME ON THE OTHER SIDE OF THE MEMBRANE.

I really do Love this Chevra,

Steve

=====
=====

Re: Steve's Journal

Posted by bardichev - 27 Apr 2010 02:58

Steve have u been sippin some of rajas java??

B

=====

====

Re: Steve's Journal

Posted by Steve - 27 Apr 2010 13:08

[bardichev wrote on 27 Apr 2010 02:58:](#)

Steve have u been sippin some of rajas java??

B

No, but I'm game for any new "substances" right now. As long as I don't "abuse" the privilege.

Sorry Bardy et al if it's esoteric for those not on our page in the 12-step program, but what can I do? It's "where my head's at" right now.

Major Goodness, that's the 12-steps, and Super Major Goodness is Duvid Chaim and how he pilots this cruise ship. But best of all, is the particular chevra we've got on this cruise right now. This is an amazing bunch of OVER 20 guys with such keen insight, so much relevant and inspiring sharing going on, and so much amazing personal growth which is there on the table for us all to see and learn from. I'm thanking the Aibeshter every day for giving me the zechus to be part of them, and to be taught by them all.

Daven for me a little, folks, I'll need extra siyata d'shomaya today. So far I'm quite "Riddy" (a nice phrase coined by my haver from the calls, Yechiel), and I have a BIG DAY of critical work that must be done today, which is hard to do when my brain is fogged.

OK, Hashem, it's You and Me against the world. Let's ROCK...

=====

Re: Steve's Journal

Posted by Steve - 27 Apr 2010 13:31

Oh, BTW, my good chaver ZalmanDovid started a thread based on the phrase I coined: "Slip-a-holic." I don't want anyone confused to think this is some kinda happy medium between full fledged lusting-out and being "normal". So in an effort to undermine that mistaken idea, I'm including my response from that thread, which includes a "bli-neder" pledge I'm trying to keep.

[Steve wrote on 26 Apr 2010 22:37:](#)

Take it from a slipaholic. If I don't stop, I'm gonna fall. I came VERY close many times. Guys, DO NOT BE CONFUSED. SLIPAHOLISM IS NOT A SAFE SUBSTITUTE. I DO NOT ENDORSE THIS BEHAVIOUR OR IT'S LABLE.

A PLANNED SLIP IS STILL ACTING UPON THE LUST URGE. BETTER NOT TO GO NEAR ANY OF IT. IT IS LUST, PERIOD. IT'S CONFUSING CUZ ITS NOT EXACTLY PORN OR M*.

In fact, there are those who will classify premeditated slips as actual falls, and lose the consecutive counting privileges. Check the rules, but that might be in the GEDER of the personal choices. So far I've allowed myself to treat it this way, but I'm stopping that today. **A planned slip will henceforth be considered by me as ending my count, and i'll have to start a new one** - bli neder - (but remember, I don't lose my totals!!)

ZD, I'm joking when I call myself a slipaholic. I'm really an escapaholic. Which is the root of my being any kind of holic - my biggest battle is with my facing life and responsibility with courage. I'm working on that. I'm trying to increase my vigilance even more now.

=====

Re: Steve's Journal

Posted by NOYA - 28 Apr 2010 03:30

Yeah, that was my undoing last time around on the 90 day attempt. Too much slipping on ice, trying to have your kedusha and eat it too kinda thing. Steve, you're on top of the situation here. Time to pinpoint exactly what you need to watch out for and classify them as falls, thou shalt nots, just like Shabbos or Yontef because that's what it's gonna take.

Have a good night and hope to hear you tomorrow on the call!

=====

Re: Steve's Journal

Posted by Steve - 28 Apr 2010 18:46

Thanx Noya, and special thanx for your sharing your thoughts today on the call. You got me out of a real pickle.

=====