

Steve's Journal

Posted by Steve - 15 Dec 2009 18:46

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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 - 11 May 2010 04:39

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Hi guys!

I wanna copy what I just posted to Zalman Dovid, who is growing in leaps and bounds! This is a powerful message, and I encourage all of you to read his thread and see where he's come from. I am honored to call this man my friend:

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ZD -

I have to say it this way: I'M SO PROUD OF YOU!!!

You are growing, FEELING, understanding, you are AMAZING!!

You are climbing this mountain, called the road to recovery. You can feel the climb getting easier, the angle is leveling out, and you are almost at the top. You get over this top, you get thru the 5th step call, and you are on the other side, starting to go DOWN HILL, coasting, toward the Recovery and FREEDOM that's back at the bottom. It's not on top, where only the birds and clouds live - Recovery is LIFE at the ground level. That means the stuff of life is still happening, BUT YOU ARE EQUIPT to handle it properly cuz of the perspective, the CLARITY you gained when you were at the summit, when you could see for miles.

Like I always say - THANK G-D I'M A PICKLE. I wouldn't trade this perspective for the world. And if this was the only road to get here, then THANK YOU HASHEM for making me walk this path.

Kol Tuv, and I LOVE you!! KUTGW!!!

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There IS a light at the end of this tunnel. And we can get there TOGETHER!!

My heart is SO FULL right now of LOVE and RESPECT for everyone of my chavirim here at GYE and on the DC Calls, valiant soldiers in Hashem's Army, fighting the LAST MILCHOMA before Moshiach. The Milchomas Amelek within EACH of us. The selfish, dishonest, self-seeking, control needing, scared, jealous and inconsiderate part of ourselves that Edges G-d Out (EGO). The secret to undermining that is the difference between LIFE and DEATH - LIFE in Freedom and Recovery, or DEATH at the hands of my Lusting that wants to destroy me.

And the BLESSING of living with the realization that Hashem is always at my side, WAITING for me to ask for His help, Willing to partner with me if I AM WILLING to let Him into my life, and FEELING it when He graciously DOES IT. Is there a greater catalyst for JOY than this?

My friends, we CAN and we WILL LIVE to see the battle won, each of us in his own time and path, BE"H - With the Help of G-d.

HANG IN THERE!! Know that THERE IS A SOLUTION. Follow in the well-blazed path through the forest, and you can get there.

## **THE 12 STEPS WORK!!**

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Re: Steve's Journal

Posted by bardichev - 11 May 2010 05:03

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Shteve that is one intelligent pickle

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Re: Steve's Journal

Posted by Steve - 11 May 2010 05:06

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You're pretty smart yourself, my friend. For a guy who sells ice cream from an 18 wheeler, that is....

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Re: Steve's Journal

Posted by NeverAgain - 11 May 2010 15:57

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Remember? Attraction, not promotion.

Seriously dude, you're not leaving any Kool-Aid for anyone else!

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Re: Steve's Journal

Posted by bardichev - 11 May 2010 16:05

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Shteve

Here goes!!!!

GEVALDIGGGG!!!!!!

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Re: Steve's Journal

Posted by sci1977 - 11 May 2010 16:45

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Steve, my favorie pickle. Hope all is well.

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Re: Steve's Journal

Posted by Dov - 11 May 2010 18:17

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Is that dill, or garlic, reb shteve?

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Re: Steve's Journal

Posted by Yosef Hatzadik - 11 May 2010 18:21

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Definitely not *Sour* Pickles!

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Re: Steve's Journal

Posted by bardichev - 11 May 2010 18:27

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[http://oldstersview.files.wordpress.com/2007/09/sweet\\_pickle\\_th.jpg](http://oldstersview.files.wordpress.com/2007/09/sweet_pickle_th.jpg)

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Re: Steve's Journal

Posted by NOYA - 12 May 2010 02:54

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I had ice cream today. I want a pickle now.

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Re: Steve's Journal

Posted by habaletaher - 12 May 2010 06:55

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STEVE,

YOU ARE SUPER HEILIGGG!!! I LOVE YOU AND MISS YOU!!! KEEP ROCKING IN THE  
PICKLE WORLD!!!!

HABA

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Re: Steve's Journal

Posted by zalmandovid - 14 May 2010 04:21

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Hey Steve just dropping in to say Hello. Wishing upon you super relaxing, spiritually uplifting,

Your Chaver,

Zalmandovid

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Re: Steve's Journal

Posted by Steve - 14 May 2010 15:16

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I want to share a response I wrote to a letter i received from a very dear GYE chaver who was trying to explain the 12-step solution to a friend of his who admitted having this strong Yetzer Hara for Lust. Please bear with me, it's one of my longish posts, but i believe it is well worth your time. I have made edits to keep anonymity. --- Have a GREAT SHABBOS, A Gutte Chodesh, and an AWESOME Kabolos Hatorah, my friends.

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My Chaver wrote about his friend:

I spent part of my afternoon speaking openly about our work with my emotionally plagued friend and suggested that he has this addiction, and he admitted he has it. I had my own fear about sharing, but I figured that it was just self-centered fear, and that he needs me to be the agent to bring him the steps and save his life.

He is having a hard time with Step 1 though. He believes that he has "partial control." Like driving a car, he has control of the wheel, but not of other drivers (outside factors) and believes at any given slip he has the free will to make the choice and he sometimes gives in, and sometimes holds out. He is not maskim to the idea of total powerlessness. He prefers to think of the bnei Torah who have this addiction to be "unable to feel the concept of s'char v'onesh, they just haven't made it real enough" but if they felt what they intellectually know, then certainly he (and they) would have the self-control to stop doing what they are doing. Like if they felt their Higher Power with a gun to their heads, they would never act out.

After that he took a few laps around d'Nile, and when he finished the swim I told him about our chevra. Now, the rest is up to him.

My response:

Such a shame.



Everyone thinks by admitting powerlessness they think they are giving up b'chira. They don't understand they have LOST their b'chira IN THIS INYAN already.

Because they don't understand the process the way we do, they think b'chira happens **when one joins battle** with the YH, then faces the choice to sin or not to sin, simple and black and white. Adam HaRishon had the same misconception, which led him to CHOOSE to eat from the Eitz HaDaas. The YH is a **Maalach**. Only Yaakov Avinu could wrestle with him **without falling**, but even HE could only **stalemate** him, he could not **beat** him. So the only solution is to exercise one's bechira by **choosing NOT to join battle** with the YH. THE POINT IS TO BE FREE FROM HIM, not to try to beat him.

Baruch and Chasdei Hashem, we in our beautiful Chevra with Duvid Chaim have just now, with the 5th step solution, learned the SECRET how to AVOID the battle with the YH. And that is to recognize that when he calls out to us, he is acting as Hashem's shliach AS HE IS SUPPOSED TO DO, to wake us up to begin a conversation with HASHEM HIMSELF (**not** with the YH), to discover what message **Hashem who loves us** is sending us, and that He wants us to move closer to Him. And we can only do that by negating our own Ego, through refocussing on others instead of on ourselves. AND WHEN WE DO THAT, we become **the happy and balanced people we are supposed to be**, because THAT IS OUR TRUE NATURE, as a Tzelem Elokim who is the ULTIMATE in Chesed and Kedusha. "Be Kadosh, Because I Hashem Am Kadosh" - and what are the steps to DO THAT? - LOOK AT THE NEXT PESUKIM!! - They are all about BEIN ADAM L'CHAVEIRO!!! Caring, being understanding, being of SERVICE to our fellow man BECAUSE THATS WHAT WE WERE CREATED TO DO!!

I am finally understanding a TREMENDOUS YESOD!! The YH's CREATED PURPOSE is only to TEMPT us, not to FIGHT with us. The Temptation is the sign to use our bechira to AVOID THE FIGHT. **WE WERE ORIGINALLY CREATED WITHOUT THE YH INSIDE US**. Hashem's design is for us NOT to engage ourselves so closely with the YH. But if we CHOOSE to fight, then we are going AGAINST Hashem's intention for it's purpose, so now the Maalach YH has permission to go against HIS OWN LIMITATIONS of his original purpose and do his utmost to FORCE us into situations where we CAN'T HELP BUT SIN.

My Dear Chaver, give this letter to your friend. Explain it to him. Tell him.

Tell the WORLD!

WE, **even little we in our own generation**, CAN GET BACK ONCE AGAIN TO THE LEVEL OF ADAM HARISHON KODEM HACHAIT, like we were by Mattan Torah!! That means we can push the YH out of ourselves, treat him like the outsider he should have always remained, and be **FREE** of him. By focussing on Chesed V'Emes, serving our fellow and serving Hashem who is Emes. And the TAVLIN, which means both antidote AND spice (the real antidote is the SPICE OF LIFE!) is Torah, TALMUD TORAH.

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Re: Steve's Journal

Posted by NeverAgain - 14 May 2010 16:08

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Help a brotha and lend a hand!

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