

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 loi-misyaeish - 24 Dec 2009 22:04

Well steve i suppose it's a really great way of facing life, to be living one big life of chessed. So true about smiling. I really try to give everyone a nice bright smile and sometimes when i'm really feeling down, i meet someone and give him a nice smile, even i begin to feel better. I suppose it really helps. Loi-m

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Re: Steve's Journal

Posted by imtrying25 - 24 Dec 2009 22:46

[Steve wrote on 24 Dec 2009 19:17:](#)

I am so thrilled to have two more New Friends, OneLife and Haba. And we're going to travel this road together. And thanx for your understanding posts!!

Waddaya mean steve?? I aint your friend?? :(:(:(:(

Keep on rocking. Your inner change is so obvious in your posts. Keep on smiling. Like this ;D ;D

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Re: Steve's Journal

Posted by 7yipol - 25 Dec 2009 09:06

[Steve wrote on 24 Dec 2009 18:48:](#)

7 Up, thanx.

May I humbly suggest that you start planning NOW to join DC's calls next time. Don't be afraid - it'll be the best thing you could ever do for yourself. The program gets at the root, which is more about a better life, a life of serenity and closeness with HKB"H. It's a definite G-dsend, even if the daily grapple against shmutz is behind you. And it'll help protect you from falling in the future, C"V, when the going gets REALLY tough... hamaven yaven.

That's what I'm here for, that life, that future. And I can already see it, waving from the shore for me to come home...

Thanks for the suggestion Steve.

I am very seriously hoping to join this time around

It'll take major coordinating as its crazy hour / bed time here in Israel,

but no pain, no gain!

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Re: Steve's Journal

Posted by habaletaher - 25 Dec 2009 11:19

Hey Steve,

How is the Snowshovliner Rebbe Doing? I hope Day 11 is working out for you. I have a sleep issue too, I stay up super late (like now when it's 3:20 on the West Coast and I have at least another hour and a half before I can crawl into sleep) but I need to get up on time for the different responsibilities I have, so I end up killing my immune system by averaging 4.5 hrs a

night, and then bang! I get really sick!!

Maybe as part of working together on our 90 (YAY!!), we can help each other get better sleep habits!!

Keep fighting the good fight!

HAba

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Re: Steve's Journal

Posted by letakain - 25 Dec 2009 14:05

have a super, calm, happy shabbos, steve!

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Re: Steve's Journal

Posted by BecomeHoly - 25 Dec 2009 21:52

Wow steve... very insipiring :-) More words do not do justice... so I will leave it at that :-)

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Re: Steve's Journal

Posted by Momo - 27 Dec 2009 08:25

YOU ARE SOMEBODY SPECIAL!!!

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Re: Steve's Journal

Posted by Ano Nymous - 27 Dec 2009 09:14

Please READ and VOTE on this new poll I just created over here: rehab-my-site.com/guardureyes/forum/index.php?topic=1427.0

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Re: Steve's Journal

Posted by OneLife - 27 Dec 2009 09:28

hi, steve.

OK i'm laughing ;D

keep the good work, we are at the same boat, and we have to take it to haven of rest,
together its easier.

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Re: Steve's Journal

Posted by Steve - 27 Dec 2009 12:32

this is such a fun pace to visit - everyone says such nice things about me.

Thanx for the chizuk - sorry I couldn't post erev shabbos, but I did get a quick peek before i left work, and it was close enough to shabbos that it was a YH trying to get me to stop & reply. BH I recognized his trying to undermine my Shalom Bayis, and just left with a warm fuzzy feeling for now I feel the endorphins
all my friends, **INCLUDING IT25!**

Shabbos was a wet one, a nice slow rain all day/night that I recognized as H's chesed - a hard rain would have melted the snow into a big flood, the slow rain did it gently so the ground and sewers had time to absorb it.

Friday was Day 12, and I did my first Step 9 Ammends Call, but in person in the hallway after shul. Felt good, but not as releasing as I had hoped, cuz yennim was still on his soap box that i dissagree with. But that's about ME - my reaction to his over-zealousness about something - I tried hard to see it from his perspective, as if I were him. I succeeded a little bit, then I saw how wrong i was...

Gotta go.

More later, Im Yirtza Hashem Yisborach.

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Re: Steve's Journal

Posted by imtrying25 - 27 Dec 2009 12:40

Im so happy to see i made it into the pickle jar!! :D :D :D :D

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Re: Steve's Journal

Posted by Steve - 28 Dec 2009 20:30

Pickles n' Spice,

N' Everything Nice...

That's what little addicts are made of...

(well, whaddayaexpect from a guy who's been confused ever since he heard that the door was

ajar...)

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Re: Steve's Journal

Posted by sci1977 - 28 Dec 2009 20:44

You made me smile. Hope you smile more then you frown. KUTGW and keep making us all laugh!!!

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Re: Steve's Journal

Posted by Kedusha - 28 Dec 2009 21:17

Steve,

Missed you on the call today!

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