

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 - 16 Jul 2010 17:22

have a GREAT SUPPER DUPER MAJOR RELAXING SHABBOS everyone!

Let's all soak-up the Kedusha, and let ourselves SHINE!!

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Re: Steve's Journal

Posted by Steve - 21 Jul 2010 17:18

Hope everyone had an easy fast, and an inspirational Tisha B'av.

KUTGW, y'all!!

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Re: Steve's Journal

Posted by Steve - 22 Jul 2010 14:47

What a test! we took the kids last night to the rides by the boardwalk. During the summer, we NEVER go there during the day, while at night we are safe from people dressed in bathing suits. Nevertheless, it IS a bigger test than going to the supermarket in the summer, as people on dates trying to attract each other are obviously (un)dressing to impress. Plus, it was the same place i used to SWIM in lust at, back in the pre-frum High School days of my own dating scene (which, BTW, was more like a Woody Allen Comedy-of-Errors movie than anything).

However, After a few moments of trying to 'control" myself, i realized that was fruitless (i'd eventually wear down my resistance), so i turned the "control" over to Hashem. I asked Him for guidance and freedom from the desire to look, and it WORKED!! We left the kids (all teens or

older) to do their roller coasters and tilt-a-whirls, and my wife and i took a "power-walk" on the boardwalk, away from most of the crowds. There were still enough people that would have had my head spinning in my pre-GYE days, but Hashem placed the idea into my head to look above everyone's heads. I focussed on the "crowd" so I wouldn't bump into anyone, but I didn't "see" any particular person. Doing that for 30 minutes during our walk had given me a mindset that protected me the rest of the evening! After the walk, standing waiting for the kids during repetitive visits to the bumper cars, once and awhile the YH tried a surprise attack on my eyes, but it was like being IMMUNE!! I couldn't CARE LESS about the halter tops and shorts and those wearing them. As I've experienced before, BH, it was BLESSED INDIFFERENCE. I was FREE from the DESIRE to look and enjoy! They were people, fellow humans trying to have a good time, and that was all. I could focus on my wife, my kids, and have a good time myself without the internal self cursing I used to feel trying and failing not to lust.

I don't recommend such excursions, but when circumstances throw you into it, BH we have the SIMPLE SET OF TOOLS to keep us sober! And these tools are readily available by joining one of GYE's 12 steps programs, and WORKING the steps.

Well, if anybody sees this, i hope it was helpful. I know I don't get to post often, but lately it seems i've been talking to myself....

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Re: Steve's Journal

Posted by sci1977 - 22 Jul 2010 15:21

wonderful post. I loved how you focused on the crowd not one person. KUTGW!!

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Re: Steve's Journal

Posted by Steve - 22 Jul 2010 15:28

Sci -

Q. How long can a 700 lb. Gorilla bounce on a mattress?

A. As long as he wants. Who's gonna stop him?!

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Re: Steve's Journal

Posted by ZemirosShabbos - 22 Jul 2010 16:28

[Steve wrote on 22 Jul 2010 15:28:](#)

Sci -

Q. How long can a 700 lb. Gorilla bounce on a mattress?

A. As long as he wants. Who's gonna stop him?!

i would venture to say it would have to be a rather •thick• mattress to get him to bounce at all

great post about the boardwalk, there is nothing like reading about real-life successes to give us hope and inspiration, thanks

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Re: Steve's Journal

Posted by briut - 23 Jul 2010 16:21

Yeah, thanks about the boardwalk. I was with my wife by the waterfront recently (not a beach) and realized the number of half-naked folks walking/jogging around.

I had a great chat with my wife about the shmiras eynayim work I'm doing through this site. And how rough it is when the eye candy includes not just the women (halacha) but the men (my own thing...). Which means basically that people are off limits as objects. Which I thought would be totally impossible.

But it really isn't so bad. Lesson: People weren't put here to be our personal objects of amusement. People are not eye candy. I miss that, of course, very much, although it's getting a little easier.

But the real message of guarding our eyes isn't really to avoid p**n or even to avoid the second glance in the street. I think it's to remind ourselves that HKBH put people on this planet for reasons other than to serve as eye candy for each other.

Which I think is what you were saying. Which is why I'm saying thank you. It's a good message to read from someone else's posts. Good chizuk. Thanks.

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Re: Steve's Journal

Posted by Steve - 23 Jul 2010 19:02

Thanx guys.

Yes, Dr. B, it's another way of finding freedom, when we realize that PEOPLE ARE NOT OBJECTS, they are somebody's wife/daughter with their own lives, feelings, hopes & dreams, and pekkel as well. Once we de-objectify and think of them as people, as humans, as NOT our personal toys/playthings/eye candy, a good piece of the LUST automatically falls away.

Why?

I think that on the animalistic level it's bcuz our EGOs don't WANT a relationship with them, it

only wants the toy, and having to deal with their feelings ruins the fun - things might not go "our" way. And on the Neshoma-dic level, it could be that when we think of them as someone's daughter, we get a little concerned for their welfare, and we start to CARE about THEM. And the SECOND we focus away from ourself, our ego takes a back seat right then, and the Lust Urge weakens or goes POOF for that moment.

Because my Lust is *ALL ABOUT ME*.

Have a GREAT SHABBOS everyone! The Geulah is coming! Let's get IN to Moshiach by increasing or focussing on OTHERS and THEIR NEEDS, and less on our own.

See ya on Monday!!

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Re: Steve's Journal

Posted by Steve - 23 Jul 2010 19:09

OH, Dr. B., meant to tell you how impressed I am that you can speak about your shemiras eiynayim problems and GYE connection with your wife.

Kol HaKovod to BOTH of you!!

- S. -

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Re: Steve's Journal

Posted by briut - 23 Jul 2010 21:17

Dr. Pickz: Thanks. Yeah. She's a good woman. Think I'll keep her

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Re: Steve's Journal

Posted by Steve - 26 Jul 2010 19:37

Well ya'all, today we've officially pulled up anchor, and started full speed ahead out of port. Two fantastic cruise ships, loaded with all the delicacies you could want on a 13-week or so journey - good companionship, a healthy agenda, and calm weather.

And it's never too late to have a helicopter swing overhead and drop you off on deck. Just cuz you missed the breaking of the champagne bottle on the bow before we pulled out, doesn't mean this ship has sailed without you.

My co-captains, Dov in Israel and Michael, and I, welcome ANYONE who wants to find lasting freedom from this monster called Lust. All you gotta do is turn to the YH, put your thumb to your nose, wiggle your fingers at him, stick out your tongue and go **PPPPBBBBBTTHHHBBBB!** (Please do NOT do this facing your keyboard), then call in to the Conference Call number, **760-569-6000**, for either the 8:30-9:30am call or 12noon-1pm call. At the prompt, punch in the access code **121318#**, and you're on board!!

OK you swabs, **ALL HANDS ON DECK!!**

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Re: Steve's Journal

Posted by an honest mouse - 26 Jul 2010 22:10

[Steve wrote on 23 Jul 2010 19:02:](#)

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Steve - firstly i wanted to tell you i get a lot of chizuk from your posts, so thanks! I couldn;t help but to but in though. My therapist suggested doing this, but i find it only works for me, if i know the girls family and can picture them in my head as real people. If all i have is this attractive inticing image right in front of me versus this abstract undetermined family that she may have, the real image in front of me defeats the family that i have to conjure up....

do you have any further insight into this avodah?

(thanks for your time and sorry to hijack your thread)

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Re: Steve's Journal

Posted by Steve - 27 Jul 2010 14:28

[an honest mouse wrote on 26 Jul 2010 22:10:](#)

[Steve wrote on 23 Jul 2010 19:02:](#)

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(thanks for your time and sorry to hijack your thread)

I did not mean that you have to stretch your imagination to picture her family, parents, boss, banker, etc. That would even be beyond ME, and I have a pretty powerful and graphic imagination...

What I meant was that you THINK OF HER as a human being with a LIFE of her own, not as an "eye-candy" object placed there by the universe for you to enjoy and fantasize over. Case in point - Try this exercise - Think (dont conjure or picture) about the fact that one of those p*rn ACTRESSES on the little screen is SOMEONE'S daughter, someone who loved her as a child and tried to give their life for her, investing into her all their hopes and dreams that their little girl would grow up to be someone good and wholesome. How devastated they must be (or would be) knowing that their daughter became this p*rn slut, how their lives and hearts are shattered because of their daughter's bad choices. Now think about HER life, how it must of unravelled from the lacy play dresses and pink shoes of her life at home, how lowly she holds of herself, how she can't face her parents and family anymore, how her own dreams and self esteem are in the gutter now. Or perhaps she is a badly mixed up girl from an abused background, never thinking highly of herself, not realizing her choice brings her so despicably low.

Or if it's a normal person you pass on the street, try imagining they have their own life and hopes and dreams, or that she couldnt care less about you even if youd meet, cuz she has her own baggage to deal with.

I know I had started to feel like a cad imposing my fantasies on a real life person. And after all, I dont want to talk to her, I only wanted to touch, not buy, the item. If she is a frum married woman, I'd think about the fact that she'd be oveir a big issur and lose EVERYTHING she holds dear - her husband, her kids, her respect in the community - how could I allow so much pain to happen to a family even IF she would respond to my 'come ons'?

For me, it certainly puts a damper on the lust urge at that moment. After all, who wants to marry her and hear her complain about her own life?

Does that help clarify things?

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Re: Steve's Journal

Posted by Steve - 28 Jul 2010 18:39

Just typing a quick hello.

HELLLLOOOOOOOOOOOOOOOOOOOOOOOOOOO!

bye.

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