

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 Kedusha - 14 Nov 2010 01:49

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Re: Steve's Journal

Posted by Stuart - 14 Nov 2010 03:12

Mazel Tov. Looking forward for more looong posts.

~~Great work, Steve - uh, Cucumber - I mean Pickle!~~

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Re: Steve's Journal

Posted by Dov - 14 Nov 2010 05:05

Hi Steve!!

Another of the gresteh fans of 'Der Pickler', just weighing-in.

Hi there!

(and Mazel Tov!)

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Re: Steve's Journal

Posted by bardichev - 14 Nov 2010 17:06

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Posted by Yosef Hatzadik - 16 Nov 2010 01:59

[illegible]

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Posted by Steve - 12 Dec 2010 06:06

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My sincerest apologies for being absent from this heilige forum so long. I want y'all t'kno that I'm alive and well, B"H, and hope one day to have enough time to post here at least once a

As many of you know, I'll be co-hosting another "fellowship" in the GYE 12-Step Anonymous Phone Conference Flotilla (Hey Guard, we just GOTTA get a shorter name than THIS!!). As I've said before in this venue, I really feel that HKB"H has been grooming me to take on this role of host/moderator/sponsor, to share what I've been shown with my fellow struggling addicts. This takes away from the hours I used to spend posting here and visiting/commenting on other's threads. I regret that loss, but the direct gains of growing together in the 12 Step Program are astronomically beneficial, to me and I hope for our fellow shipmates.

B"H, I have passed two milestones thanx to both the GYE Site and Forum, and the 12-Step Program. On October 12th I celebrated my First SA Anniversary, meaning one year clean of being MZ"L. And on the third Ner of Chanukah, my Hebrew B-day, I marked my First GYE Anniversary, one year clean from P*rn. (The WOH goes by the English dates and thinks I have a few more days left to the year...). I cannot believe it myself!

Thank you Rebbeinu Reb Guard, Shlita, for your tireless efforts in the War for Moral Purity, and for creating this haven of kedusha that has saved me countless times. I want to thank ALL the "Old Guard" from the forum (you all know who you are – you're my FRIENDS!), on BOTH sides of the mechitza, for all the chizuk and influence and perspective I have gained from them. And, of course, I wouldn't be where I am today without Duvid Chaim and his brainstorm creation of the anonymous group thingy.

But most of all, I must thank all the vets and newbies from the 12-Step Call cycles, my soul-mates, comrades-in-arms, who have taught me more than I ever would have known about MYSELF, and my addictive mind. Who have walked with me in the steps that lead to Sobriety and eventually to Recovery, to know AND feel Hashem's Light and Connection to me.

Now, lest you think I've "got this thing licked" – I DON'T! I will always have an addictive brain, and just last week, on the eve of ZOS CHANUKAH, I was severely tested, and was mamash ONE CLICK AWAY from starting my GYE count all over again with a P*rn fall. Chasdei Hashem Yisborach I pulled myself away from the keyboard. HOW? By remembering that I'd have to DO JUST THAT, let everyone know I had a fall and start counting again for shemiras eiynayim. I'm telling you all, THAT is what stopped me. DID I WANT TO MESS UP WHAT I HAD

ACCOMPLISHED? **NO!!!** DID I WANT TO HAVE TO FACE THE GUYS ON THE CALL, WHO LOOK UP TO ME FOR GUIDANCE, WITH THAT ON MY CONCIOUS? **A THOUSAND TIMES NO!!!!**

B"H I was saved that time, the closest call I've had in over 6 months. A chaver from the calls, Shlomo, helped me focus afterward on where I was weak in the Program, and where I got complacent. Now I know where the breaches are that must get strengthened, and I know that I need Hashem's help to do that, that I cannot do it on my own. And with a little back to basics, redoing the steps in a mini-way, rediscovering through A&W's that Hashem is still by my side guiding me, I'm back on track.

I shared this so y'all can see that the 12 Steps are NOT a CURE, but a Way of Life and a Perspective with a Spiritual Tool Kit that allows us to keep moving forward when we ARE tested, which sure as the lint in my navel will happen again. And whether we "fall" or not, thru these tools we can avoid falling back into self-pity and depravity.

So, just to mention again, the next launch of the Freedom Flotilla, the daily 12-Step phone groups, moves out of port in 2 days – Monday, Dec 13th. The "Dawn Treader" Ice-Breaker Ship leaves with me and a co-host at 8:30am EST; The "Lunch-n-Learn" Mother Ship follows at High Noon EST with Cap'n Duvid Chaim; The "Late Show" Night Cruise hoists anchor at 10:20pm EST with Shlomo at the helm. All three ships will "be on the same page" in the AA Big Book, so if on any day a shipmate needs to hop on a different hour than their normal one, they shouldn't miss the flow.

Plus there are other exciting options: There's a Lady's Cruise (wasn't there a movie about a WWII pink boat?) that leaves port on Monday also, which should be declared a day of simcha and ho'odah for the Noshim Tzidkonios on our Women's Forum. Also, Daniel is starting a twice-per-week program based on the 12 Traditions. Also, "Daily Dose of Dov" Dov is starting his group up again (second time around – GO DOV!!). And our very own Dov-In-Israel is planning a submarine launch with a refreshing mix of 12-Steps, Mussar, and Haskoffah (and I think a little Reggae?) to round out the 12-Step experience for alumni.

The ARMY of HASHEM now has it's OWN NAVY!!

Anyone interested in more info or who wants to enlist, please see Chizuk Email 913 (from Friday, Dec 10) for the links.

And in the words of Tiny Tim – “G-d Bless US, EVERYONE!!”

Till next time -

Steve, **Your Long-Winded Pickle**

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Re: Steve's Journal

Posted by jewinpain - 12 Dec 2010 15:25

Mazel tov, rabiny reb steve, its good to see ya around,

KOT

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Re: Steve's Journal

Posted by bardichev - 12 Dec 2010 15:28

Shteev thanks for the short post

KOT

Mazel tov!!!

U shud be proud

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Re: Steve's Journal

Posted by Steve - 13 Dec 2010 20:07

Bardy-boy,

Yes, I'm proud of being a member of this Heilige Forum, and of being The Pickle-Meiser.

And I'm doubly proud of being a member of the brave soldiers/sailors in the 12 Step program. I know that Reb Guard worked very hard to organize the GYE Program into several levels of addiction, suggesting that one might not need a 12 Step program unless they've reached level 5 or so. But I think the life skills the program offers, and the freedom from lust it promises, are good for ANY level in this struggle. So I suggest no one rule it out. It's the greatest gift I have ever received from HKB"H after life, finding the Torah, health, marriage, and children. I'm serious.

As a lust addict, I had lost my freedom of choice - I could not stop acting out and lusting even tho I knew it was wrong, I knew it was killing me both in this world and the next, and threatening to destroy everything i held dear - my wife, my children, my marriage, my respect in the community - EVERYTHING!! But i could not stop. I'd fallen low enough to consider suicide several times. I couldnt stand living the Dr. Jekyll/Mr. Hyde life.

But now, NOW I'm connected to my REAL life. Building relationships with my family, experiencing life without the self-pity and self-loathing that swallowed me. Able to REALLY work on Deveykus Hashem, to build a personal relationship with Him and SEE and FEEL Him at my side daily. And it was the 12 Step Program that did it for me, with Hashem's Power and guidance.

Do YOU want to win back your Freedom of Choice? Would you not rather LIVE in the present instead of living in the past (wallowing in your resentments) or worried about the future (stymied by fears)? Don't you want to STOP being MZ"L as soon as possible, so you have less aveiros to have to get a kapporah on? DO YOU WANT TO LIKE YOURSELF AGAIN???

We just launched the another 13-15 week program today. It's NEVER TOO LATE to join. Call in, even if just to see what it's all about.

With Love and Respect always,

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Posted by bardichev - 13 Dec 2010 20:23

shteev gevaldiiiiigg!!!!!!!

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Re: Steve's Journal

Posted by Steve - 14 Dec 2010 16:38

mornin', y'all...

Have a GREAT DAY. To paraphrase an anti litter campaign from the sixties:

THIS IS YOUR WORLD. KEEP IT CLEAN.

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Re: Steve's Journal

Posted by an honest mouse - 14 Dec 2010 16:54

rabbeinu - that has to be your shortest post!

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Re: Steve's Journal

Posted by Steve - 14 Dec 2010 17:12

yep.

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Re: Steve's Journal

Posted by bardichev - 14 Dec 2010 17:14

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