

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 - 06 Mar 2011 04:35

hi guys.

Just checking in to let you all know i'm alive and well. Over worked, but well.

Beracha V'Hatzlacha from the Pickle-man.

Gut Voch and Gut Chodesh!!

Steve

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Re: Steve's Journal

Posted by bardichev - 06 Mar 2011 05:34

Steeeeeve??

Sounds so familiar

Steeeeeve??

Hmmmmmmmm...

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Re: Steve's Journal

Posted by an honest mouse - 07 Mar 2011 22:39

I miss you steve! but playing your voice over in my head gives me chizuk...

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Re: Steve's Journal

Posted by bardichev - 07 Mar 2011 22:53

who ish shteeeeeeveeeee??

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Re: Steve's Journal

Posted by NOYA - 09 Mar 2011 04:35

Hi Steve!

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Re: Steve's Journal

Posted by Steve - 09 Mar 2011 15:34

Honestly, Mr. Mouse, you dont need re-runs, you can hear me on the airwaves anytime you want, 8:30-9:30 on AM. In fact, i'd love to have you make a cameo appearance! The airlift is waiting. (But dont expect to be paid).

Bardyboy, thanx for taking out the SIN in my name and replacing it with a SHIN. Nicest kick in the pants i've ever had...

Noya, thanx for saying HI. I'd rather be a Pickle, at least i can remain whole. But it's good to have friends to fall back on if i ever get into a Jam.

Words to the wise:

Always look up toward your Father in Heaven. Unless there is a flock of birds above you, in which case you look down, and watch your step.

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Re: Steve's Journal

Posted by Yosef Hatzadik - 09 Mar 2011 15:36

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Re: Steve's Journal

Posted by Steve - 04 Apr 2011 03:47

Still alive. Still Kicking. Still can't believe i havent acted out in 475 days.

NOT TO SAY I HAVENT THOUGHT ABOUT IT. That's when i know i'm weaker in my recovery, that i'm slipping a little and have to go back to basics.

But I'm happy to report I passed a test last night that used to be impossible to live thru in the past without succumbing to temptation. Chasdie Hashem I lived thru it in a way that shows me my 'bechira point' has moved up a notch, and that particular circumstance will not be triggering to me anymore.

As the BBook says, if we remain spiritually fit, we can go anywhere where free men go without fear of succumbing to our addiction.

On another note, we are just 4 days away from docking into Port Freedom after our 17-18 week 12-Step cruise. And what a ride it has been! We have the most amazing crew of valiant sailors who are still sticking it out, bravely going into the 12th Step Stretch. They are truly an inspiration to me.

Steve.

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Re: Steve's Journal

Posted by Dov - 05 Apr 2011 16:54

Fantastico amiko!!

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Re: Steve's Journal

Posted by Eye.nonymous - 06 Apr 2011 06:40

Just checking in. Sounds like you're doing really great there.

--Eye.

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Re: Steve's Journal

Posted by Steve - 06 Apr 2011 15:53

Hi Gang.

I'm excited about our docking the ship tomorrow after 17 weeks in another Voyage to Recovery in our DC Freedom Flotilla. BH, we've all had a tremendous amount of growth and clarity of perspective. I am so fortunate to be a part of this chevra.

Looking forward, the next 'cruise' will be leaving port either Monday, May 2nd or May 9th. Everyone is welcome to join - stay tuned for any updates in schedule or times of the calls.

I also want to point out a beautiful vort i wrote here before last Pesach, and the link to that Journal entry is below.

Kol Tuv - Steve.

www.guardyoureyes.org/forum/index.php?topic=1372.msg59734#msg59734

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Re: Steve's Journal

Posted by Steve - 27 Apr 2011 16:51

A Zeesa Isru Chag to everyone!

Still hanging in here, unfortunately not so much time to visit here in the Forum.

Just staying thankful for each day clean. I definitely see that when I have ANY degree of anxiety, the desire to lust even in simple 'girl-watching' ops sneaks in. And now that spring is hear, the potential triggers are coming out of the woodwork. But like the ants that appeared in the kitchen due to the surprise heat on Acharon Shel Pesach, the trick is to SPRAY FIRST!! Cover the perimeter on the outside they they don't get in in the first place.

Sam Ting mit loost. The 12 Step Program teaches us how to become Spiritually Fit, and when I am, the triggers can wiggle by and i just won't care to focus on them. not white knuckling, boys, but BLESSED INDIFFERENCE. And I'm SOOOO thankful to Hashem for giving me of His strength to become Spiritually Fit!!

KOL TUV,

Steve

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Re: Steve's Journal

Posted by Steve - 28 Apr 2011 19:55

Hi Y'all!

Hope your Yom Tov was filled with blessings and yeshuos from all your personal 'Mitzrayim"s.

Rav Dessler points out that LOVE is created by GIVING, not by taking. The more we GIVE to someone, the more we love them. So when in the Shema Yisroel we are commanded to love Hashem, how can we get there? By GIVING to Hashem. But how can we give to He who owns EVERYTHING? We read in Hallel - "What can i give to Hashem for all His kindness to me? The cup of salvation I will raise, and praise the Name of Hashem." All I can give back to Hashem is MYSELF - to try my best to be a good eved and son to him, and to "raise the cup" of my salvation by publicly praising him for his goodness and kindness to me.

To wit, I am overly thankful to Hashem Yisborach for this delicious milestone he has helped me reach, for by the Grace of G-d I have just reached 500 days clean and sober from the Big Bad M. And of course, I COULD NEVER HAVE DONE IT WITHOUT THE BOOSTER ROCKETS OF MY HIGHER POWER, YOU GUYS IN THE CHEVRA & THE GYE FORUM!

Every day is still a struggle to keep my eyes and my mind pure, but it's the struggle of recovery, B"H, and very rarely white knuckling (but to be honest, sometimes I have to get thru it that way still). B"H it's a reminder that I'm falling asleep at the wheel, and need to get back on course via Hashem and the Program Tools, before i careen off the highway and over the cliff.

May we ALL be zoche TOGETHER to give Hashem Yisborach the ultimate gift, to serve him with Kedusha and Tahara, to elevate our souls and fulfill His will always.

Kol Tuv,

Steve

PS - Next 12-Step Conference Call cycle is set to begin Monday, May 16, BEH"Y. Please join us for G6!!

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Re: Steve's Journal

Posted by Eye.nonymous - 07 Jun 2011 07:52

How are you doing, Steve?

--Eye.

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