

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 looses 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 existance, 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 - 02 Feb 2015 00:02

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Hi Cordnoy (an' ev'rybody else),

Just revisiting the Forum for a mo' after updated my profile a little - they had me down as 21 years old! I wish I was that young again, with all that stamina, but WITHOUT the addiction that unbeknownst to me was running and ruining my life at that age.

It's true what we say in the 12-Step programs - "I wouldn't trade my worst day in Recovery for my best day in addiction." I know I would NOT go back there given the choice, if it means going back to that way of living.

Anyway, it's funny you brought up that old post (5 years old, actually) from the first week of this thread. At that time (Dec 2009) the comment about women being or needing to be aware of how their fashion choices trigger us caused quite a stir. There was no mechitza then between the mens and women's forums (in fact, there was only one forum, not two), and there were some very eye-opening posts by the heilige GYE women (and men with better clarity than i had then) about the issue.

I RECOMMEND EVERYONE TO READ THRU THE REPLY POSTS TO THIS ONE, BACK IN THE FIRST FEW PAGES OF THIS THREAD. It's better not to take entry this out out context. I think the messages there need to be taken to heart by all us men.

As Bards said, "She may be a problem, but she's not YOUR problem." I was wrong of me to place the blame for my behavior and thoughts on someone else. My whole problem is an "inner ear problem" - problem is between my ears.

When I say "oh, SHE made me lust after her," I am blaming her for my reaction; "oh, HE made me angry," takes away MY responsibility for my actions/reactions and places it on them. But the word "responsibility" really comes from "response ability". By blaming them, I have GIVEN

AWAY my power, my "ability to (chose how to) respond." I need to take back and face my 'response ability', because ultimately, the only one I can change is myself.

As we say, Hashem is the one who put her there, the 'first look" is on HIS cheshvon (that's when merely i notice she exists). The "second look" is on MY cheshvon, I can chose to see her as another choshuveh tzelem elokim, an human being of value, and not turn on my 'lust engine."

The only way i was able to learn to get back my "response ability" was thru the 12 Step program of recovery.

On the 8:30am conf call we are completing Step 9 this weekend, and moving into Steps 10 and 11 this week. Then about 2 weeks more we will finish this 13th cycle and celebrate the Bar Mitzvah of the Conf calls! The next cycle will either begin between Purim and Pesach, or right after Pesach. So stay tuned and join us by then!!

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Re: Steve's Journal

Posted by cordnoy - 02 Feb 2015 00:23

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Thanks so much for checkin' in and updatin', and thanks for all that you do for the calls.

Keep it up.

b'hatzlachah

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Re: Steve's Journal

Posted by cordnoy - 01 Dec 2015 12:48

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This thread should be read.

Nice posts about real recovery.

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