

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 OneLife - 03 Jan 2010 13:11

hi steve, whats up man??

are you 21 days clean so far??

put somthing here from DC meeting...

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Re: Steve's Journal

Posted by imtrying25 - 03 Jan 2010 18:52

Uh steve? pickle? whatever? you there? uh?
i've just post here to check if every thing is ok..our deal is still alive??

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Re: Steve's Journal

Posted by habaletaher - 04 Jan 2010 05:58

Hey Steve,

How you been? Where you at?

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Re: Steve's Journal

Posted by letakain - 04 Jan 2010 15:28

having trouble opening the pickle jar?

where are you?

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Re: Steve's Journal

Posted by Steve - 04 Jan 2010 16:01

Hi guys (that's non-gender specific, BTW),

Had to be away from posting for a while, cuz I'm a little behind (uh... that's figurative.... well, actually it's NOT... ah.... whatever!!!) with a project an' my client has been calling me to the carpet. Actually, I'd like to know where that phrase comes from... the CARPET one...

So I'm just checkin in to say still clean n' crazy after all these days. 3 weeks n' still counting!!!
How're all my friends doin'?

B"H there's been no urge to view bad internet images. Regular, real-life shemiras eiyinayim battles come & go, however. The big thing for me is noticing that when i feel I WANT to "girl watch", it's because I'm experiencing some RID over something, and knowing that helps me to pull my eyes away and focus on the problem that's causing the RID. Plus i know if I start down the road of looking in an "innocent" way, since I'm an addict, i know I'll quickly fall into the slippery slope of imagining things i can't see and finding ways to actually see it. so I work very hard "not to go there."

I wish i was an expert at putting on the right glasses each morning, so life's curve-balls wouldn't get me down to create the RID in the first place. But like everything, this needs practice. B"H I know where i'm heading though.

Well, break's over. time to climb back into the pickle jar...

Have a GREAT DAY, more tomorrow...

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Re: Steve's Journal

Posted by OneLife - 04 Jan 2010 16:08

welcome pickle.

have a good day. 8)

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Re: Steve's Journal

Posted by imtrying25 - 04 Jan 2010 16:25

thanks for the update steve. And hatzlacha on whatever it is your doing!

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Re: Steve's Journal

Posted by Steve - 04 Jan 2010 19:31

Just hafta mention that we just finished Duvid Chaim's 12 Step Call today. he is so good at what he does, it was such a pleasure to experience his leading us through the program, never condescending or preaching, but giving us chizuk and pulling us up from the muck where we started from.

I am gonna miss having an excuse to be together with my friends, this special chevra I have come to know and respect so much. I am davenning that we be able to keep our connections strong, to get closer to each other, not to be afraid to reveal ourselves and to one day meet in person.

Mazal Tov to all y'all, let's all keep LOOKING FORWARD,

Steve.

PS - I started a thread under DC's calls where we can express our hakaras hatov publicly. I hope you'll all get a chance to add something there.

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Re: Steve's Journal

Posted by letakain - 04 Jan 2010 20:21

mazel tov! thank you for being a superb contributing member of the crew! we all learned a lot from you!

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Re: Steve's Journal

Posted by imtrying25 - 04 Jan 2010 22:52

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Re: Steve's Journal

Posted by Steve - 05 Jan 2010 04:14

pickles may be fickle, but cucs are kooks.... 8)

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Re: Steve's Journal

Posted by Steve - 05 Jan 2010 16:16

Hiya everyone. Just checking in for a quick hello. Spent some time on Halevi's thread, and on Human Being's, two newbies we should all come out and say hello to if you haven't already.

KEEP ON TRUCKING, and spreading the good word out there.

Have a GREAT DAY!!

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Re: Steve's Journal

Posted by humanbeing - 05 Jan 2010 17:48

Thanks Steve for all of the Love...It came when i needed it most. Thanks for getting me to Day #5

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Re: Steve's Journal

Posted by imtrying25 - 05 Jan 2010 20:28

You know come to think of it, im so impressed that your proud to be a pickle. Arent thet always so insulted cuz they got smooshed around in the jar?!? :D :D :D

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