

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

Would like to formally introduce myself here, even though it is a little late in the game.

I am married with a couple of kids b"h. ever since i started working on computers i would periodically seek out p***. first with a dial-up connection, then later with hi-speed internet. for days i would zone out at work, doing the bare minimum, making sure no one saw my dark secret, and feeling all the time that i am probably the only one in my circle of people who has this terrible secret. i would feel bad and try to stop. especially on Yom Kippur i would decide to stop. usually it would last a few weeks but then i would fall back into it. years later i put in a filter and it helped a lot. but only my computer had a filter and even a filter is not fool-proof. i found things that got through the filter. i found opportunities to use other computers. i changed filters. i even shut off the filter at some points.

i found GYE in a round-about way, through a google search for a halacha. i slowly started reading more and more. then i put in k9 and gave the password to the filter gabai (what a zechus Guard and him have!). that helped a lot for the p***. almost a year ago i registered for the forum and posted a little here and there. someone on the forum reached out to me and we became partners (thank you!). that gave me a lot of chizuk. i feel that someone understands my struggle and i spilled the beans about my dark secret. i feel that if i fall ch'v i can holler out to my partner to come dig me out. that is a great feeling. like wearing a life-jacket on a boat or a parachute on a plane.

since Pesach i am clean. thanks to Hashem and to GYE. i realize that since i did not do the steps or join any phone groups the level of change to my attitudes are not too drastic. i think it is the awareness and constant chizuk provided by the forum and chizuk emails that account for whatever time i was able to stay out of trouble. at least i know that the resources for further change are available if ch'v needed in the future.

i cannot thank Guard enough for putting up this Migdal Oz of kedusha and for showing me and others the way to living clean lives. Same goes to Dov, Bardichev, yechida, Kedusha, Kaneshner (remember him?), ImTrying25, Kollel Guy, RageATM, Briut, Silentbattle, Tried123 and many many others, more recently Ovadia, 1Daat, Frumfiend the Star, Yosef Hatzadik, ur-a-jew, jooboy, world, an honest mouse, HashemsSoldier, JIP and more. Special thanks to 1daat for pushing me (gently) to make my own thread. i read a lot more than i post and every time anyone posts about a victory, a fall, a thought, a struggle it is a chizuk just to see others who struggle and sometimes win and sometimes not and keep on going trucking. of course the lessons learned from the veterans here are precious beyond words.

I am by no means out of the woods. i constantly struggle to keep my eyes off things that they should not see both on and off the computer and i know that the dangers of p*** will never go away. but with Hashem's help and with GYE i hope to be clean and slowly change my attitudes for the better.

i chose the name zemiros shabbos because to me shabbos is the day we celebrate our relationship with Hashem and zemiros are one of the most beautiful ways of bring out the spirit of shabbos. it reminds me of what i have at stake in the struggle.

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Re: Zemmy's story

Posted by gibbor120 - 20 Sep 2011 04:50

I agree, #8 is the best. I need to internalize that one. I think the way Dov puts it is getting "right sized". It's okay not to be perfect. We have to be comfortable in our own skin, not some inflated idea of who we think we should be. Thanks for the reminders, zemmy.

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Re: Zemmy's story

Posted by JackAbbey - 20 Sep 2011 08:24

a talmud once came to the rebbe of lublin, showd him his long paper of kabolos and things that he wants to implement, the rebbe said its excellent, then took a pen and added one line, "and sometimes you should do the excact opposite"

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Re: Zemmy's story

Posted by 1daat - 21 Sep 2011 05:29

thanks z

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Sep 2011 16:59

after being on GYE and gaining an awareness of the lust in me, things seem different. or at least i am more aware of the way things really are.

i find myself starting to lust after my wife sometimes. during a regular nidda time (not after birth) i would not make such an issue out of this type of lust, for better or for worse. (i know it is not the ideal). but now with a long separation time i realize i can't afford to start lusting even if it is after my wife. so i gotta change mental channels when i find myself starting to lust.

this brings me to another issue, which is while i change channels and block out my wife it blocks her out entirely, causing a feeling of distance. seemingly because i had the wrong focus all these years, focusing on myself and my pleasure and not on her as a person, if i block the lust aspect it blocks her out entirely. and she picks up on it. and i do too.

so i need to work on seeing her as a person. have tea time. talk. walk. listen. but hey, what else

and in truth, it is an opportunity. not a burden. and i ought to say thank you for it (*thank you UAJ for lighting that fire*)

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Re: Zemmy's story

Posted by heuni memass - 21 Sep 2011 17:15

Post baby is the best time to practice giving. Help around the house, she can use your help and you will appreciate her more as a person and wife for all that she does. Its not about blocking out - its about chiming in.

Keep on moving in the right direction. Zem, your a fine piece of art.

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Sep 2011 17:29

thank you HM.

and thats a good line: not blocking out, chiming in. i like.

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Re: Zemmy's story

Posted by gibbor120 - 21 Sep 2011 17:31

[heuni memass wrote on 21 Sep 2011 17:15:](#)

Zem, your a fine piece of art.

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Re: Zemmy's story

Posted by ur-a-jew - 21 Sep 2011 17:31

[ZemirosShabbos wrote on 21 Sep 2011 17:29:](#)

and thats a good line: not blocking out, chiming in. i like.

Not as good as:

[heuni memass wrote on 21 Sep 2011 17:15:](#)

Zem, your a fine piece of art.

Hey, I'm too slow today. Gibbor got in while I was typing

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Sep 2011 18:15

well, Tzadik90 called me a golden flower pot...

and iguana farmer, yh bodyguard, sergeant, holy brother, sailor, smurf, mr. yellow bellied
republican nationalist, o great reflective one... miss him, sniff sniff

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Re: Zemmy's story

Posted by bardichev - 21 Sep 2011 18:17

[ZemirosShabbos wrote on 21 Sep 2011 18:15:](#)

well, Tzadik90 called me a golden flower pot...

and iguana farmer, yh bodyguard, sergeant, holy brother, sailor, smurf, mr. yellow bellied
republican nationalist, o great reflective one... miss him, sniff sniff

i thought you were a soda bottle cap curator

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Re: Zemmy's story

Posted by ur-a-jew - 21 Sep 2011 18:26

[ZemirosShabbos wrote on 21 Sep 2011 18:15:](#)

well, Tzadik90 called me a golden flower pot...

As fine a specimen as I've ever seen. A real "fine piece of art" And its got ZS written all over it.

Great for holding bottle caps too.

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Sep 2011 21:12

thank you UAJ

my ego is bursting out of it's golden flower pot and spilling the bottle caps

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Sep 2011 21:17

a good friend wrote these wise words

lust is no good in any dose, on any woman, even our wives. not even
just from a Torah view. simply from an sa/gye view-lust eats us alive
with mustard and then spits us out into a sewer. it is never very good
for us (or for our wife).

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i found a more successful recipe which is currently helping me.
by doing alot of things to help my wife, and with patience, cleaning
the house, listening to her alot, etc, for a few days time, i was able
to get out of my world and into her world. and i tried to work on
caring about her and realizing how she has a world to her own, with
her own fears, worries, struggles, things she is ashamed about, self
esteem issues, somebody hurt her feelings, etc. and i realized she has

her own life and has a full plate of difficulties, and was living like
an almana lo aleinu, without anyone to listen to her, to be patient
with her, to compliment her, to hear her out.
and i tried to do this again and again consistently, thinking about
these things, and having rachamim on her, until it took slight hold.
so yea, i havent yet got it perfectly, but i have a itty bitty rythm
going now and it is great. there is nothing like it. to experience
love in your home is so euphoric. it is amazing how most people who
are married, i imagine they do not feel love with their spouse. if onyl
i get this down pat, to be koneh this middah, whatever, that would be
olam habah in this world.

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Re: Zemmy's story

Posted by heuni memass - 22 Sep 2011 13:59

Thanks zem for the daily mussar dose.

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