

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 ZemirosShabbos - 26 Sep 2011 18:37

????? ????? ?? ??????

b'h soprano poppa is doing good, trucking along

thanks for asking

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Re: Zemmy's story

Posted by gibbor120 - 26 Sep 2011 18:38

[heuni memass wrote on 26 Sep 2011 18:19:](#)

I cant find post 5000. they all say 5003.

It always shows the total number of posts for that person. If you want to memorialize a certain number, you have to do it yourself in the body of the post.

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Re: Zemmy's story

Posted by heuni memass - 26 Sep 2011 18:49

[bardichev wrote on 22 Sep 2011 20:39:](#)

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Re: Zemmy's story

Posted by heuni memass - 26 Sep 2011 18:56

[ZemirosShabbos wrote on 26 Sep 2011 18:37:](#)

Dont need to prepare that one. The less prepared we are on that one, the more vulnerable we feel.

oh... it gives me chills every time i think of the bal tfillah of my youth saying .. Nirash ve'nifchad

mepachad yoshev thilois yisroel.

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Re: Zemmy's story

Posted by ZemirosShabbos - 26 Sep 2011 19:01

[heuni memass wrote on 26 Sep 2011 18:56:](#)

[ZemirosShabbos wrote on 26 Sep 2011 18:37:](#)

Dont need to prepare that one. The less prepared we are on that one, the more vulnerable we feel.

very well said!

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Re: Zemmy's story

Posted by ZemirosShabbos - 26 Sep 2011 20:09

how is HM doing? are you practicing some nice shticklach for 'hineni heuni memass'?
was thinking this morning that selichos and the r'n and y'k davening are somewhat like life. very long and at times feel like an ordeal to get through, i just want my honey-cake and brisket and this is just taking me away from them.

i remember keeping a mental countdown of the pages and the hours till it's over, especially as a child. as years go by i do that less, as the meaning and the relevance of the words become more apparent. still got quite a ways to go but it's a good lesson for me. our job is to find the meaning and the relevance in the words and they go from being a burden to being a joy

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Re: Zemmy's story

Posted by bardichev - 26 Sep 2011 20:12

zemmy if u were in bardstown i would give u a flogging

although i can identify

but.....

please see me after class

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Re: Zemmy's story

Posted by ZemirosShabbos - 26 Sep 2011 20:14

just dont give me a 5k flogging

i want to hear what you have to say rebbe b

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Re: Zemmy's story

Posted by bardichev - 26 Sep 2011 20:15

bardichev

Global Moderator

Hero Member

Posts: 5005

FSKOT! (Fell Shmell--Keep on Trucking)

ZemirosShabbos

Married

Hero Member

Posts: 3663

balance balance!!!!!!!!!!!!

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Re: Zemmy's story

Posted by heuni memass - 26 Sep 2011 20:57

[ZemirosShabbos wrote on 26 Sep 2011 20:09:](#)

i remember keeping a mental countdown of the pages and the hours till it's over, especially as a child. as years go by i do that less, as the meaning and the relevance of the words become more apparent. still got quite a ways to go but it's a good lesson for me. our job is to find the meaning and the relevance in the words and they go from being a burden to being a joy

I remember that on tisha be'av. But the high holidays - you need a better baal te'filah.

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Re: Zemmy's story

Posted by ZemirosShabbos - 26 Sep 2011 21:05

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Re: Zemmy's story

Posted by heuni memass - 26 Sep 2011 21:13

You can gladly come join me in my shul. I am not the baal tefillah.

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Re: Zemmy's story

Posted by ur-a-jew - 26 Sep 2011 22:17

[ZemirosShabbos wrote on 26 Sep 2011 20:09:](#)

our job is to find the meaning and the relevance in the words and they go from being a burden to being a joy

ok, so where can i go to hear you daven?

I was originally going to post this on the chizzuk tefillah thread but it seemed timely here. Also I wanted post 1144 to be on your thread.

This past shabbos I asked my family who knows what ???????? means? or ?????? Going around the table including adult guests no one knew. I then asked them imagine that a king asked them to carry out something and they returned to the king and told him "mutatis mutandis. To which they responded "huh" and I said well actually the King said that same thing, what does that mean? If you responded, "I don't know," what do you think the King's response would be? Some agreed that "off with your head" where certainly within the range of possibilities, even though the response was a valid response to the King's question. If you talk to the King and have no idea what you are saying, it's a problem. Given that there are 3 meals per week that we say ???????? that's over 150 times we bentched and didn't know what we were saying. Unfortunately, we have a lot more than that to do teshuva for, but if we don't want our davening to be a burden, probably one thing to do is to figure out what we are saying in the first place.

???????? - "strengthen us"

????? - we will revere you

mutatis mutandis - "the necessary changes having been made; having substituted new terms"

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Re: Zemmy's story

Posted by bardichev - 26 Sep 2011 22:24

[gibbor120 wrote on 26 Sep 2011 18:38:](#)

[heuni memass wrote on 26 Sep 2011 18:19:](#)

I cant find post 5000. they all say 5003.

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is that similar to quoting ones self?

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