

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

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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, Kaneshet (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 - 10 Nov 2011 21:57

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[ZemirosShabbos wrote on 10 Nov 2011 21:37:](#)

this is a quote from Dr. Sorotzkin in his superb article quoted here

[www.guardyoureyes.org/forum/index.php?topic=615.msg51879#msg51879](http://www.guardyoureyes.org/forum/index.php?topic=615.msg51879#msg51879)

Unfortunately, these efforts will most often turn out to be ineffective since the effort involves **suppression due to terror as opposed to change resulting from growth.**(emphasis mine)

I see you are finally catching my Dr Sorotzkin addiction.

What a great line!

I'm with you buddy. Can I come to your party? We won't be able to call it a pity party though. I

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heard Mottel has prepared some great food

Re: Zemmy's story

Posted by ur-a-jew - 10 Nov 2011 22:09

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[gibbor120 wrote on 10 Nov 2011 21:57:](#)

I heard Mottel has prepared some great food

You call buckwheat and flax seed, good food?

And to ZS Certified GFP, hang in there.

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Re: Zemmy's story

Posted by gibbor120 - 10 Nov 2011 22:17

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[ur-a-jew wrote on 10 Nov 2011 22:09:](#)

[gibbor120 wrote on 10 Nov 2011 21:57:](#)

I heard Mottel has prepared some great food

You call buckwheat and flax seed, good food?

And to ZS Certified GFP, hang in there.

He makes great salads and let's not forget the wraps. Who's bringing dessert?

What's GFP?

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Re: Zemmy's story

Posted by ur-a-jew - 10 Nov 2011 22:31

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[gibbor120 wrote on 10 Nov 2011 22:17:](#)

What's GFP?

It's what you put those delicious salads in:

[www.guardyoureyes.org/forum/index.php?topic=3071.msg119815#msg119815](http://www.guardyoureyes.org/forum/index.php?topic=3071.msg119815#msg119815)

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Re: Zemmy's story

Posted by ZemirosShabbos - 10 Nov 2011 22:35

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so we're on for a party?

BYOGFP

and don't forget EZpass foil bags to put over your forehead to foil (pun) the partzuf scanners

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Re: Zemmy's story  
Posted by gibbor120 - 10 Nov 2011 22:56

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I had forgotten all about the GFP.

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Re: Zemmy's story  
Posted by ur-a-jew - 10 Nov 2011 23:06

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[gibbor120 wrote on 10 Nov 2011 22:56:](#)

I had forgotten all about the GFP.

Some things can't be forgotten

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Re: Zemmy's story  
Posted by heuni memass - 10 Nov 2011 23:13

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zem, were is the party and what time? Please pm of the info. I would never want to miss it.

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Re: Zemmy's story  
Posted by obormottel - 11 Nov 2011 00:21

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Zemmy, nice sharing! I love Sorotzkin, Gibbor got me hooked on him.

If we combine our pity parties, we'll save on streamers and flower pots.

And UAJ, just because you don't understand the benefit of something, doesn't mean it's not good. Anyways, I have some leftover chicken cholent, just for you.

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Re: Zemmy's story

Posted by ur-a-jew - 11 Nov 2011 00:41

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"Don't understand" I understand it my wife eats that way. That doesn't mean that it tastes good. "Chicken cholent". You're going from bad to worse. How about a nice good bowl of ice cream.

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2011 15:54

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hope no one is disappointed, but i had a pity party. and i did it all by myself. and come to think of it i don't think a pity party can be shared. pity is all about me me me me me...

all i did was go for a drive on some quiet roads and talk. to the RBSO and to myself. it often helps clear out the system.

i did make sure to leave enough road for whoever needs. if you want you can even borrow my

we really should have a party. we can upgrade it to a Serendipity Party. with buckwheat ice cream in golden flower pots and flaxseed cholent served in hubcaps.

thanks to everyone for stopping by my thread and here's to a great friday and a gevaldigggggger shabbos, with woodford for all

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Re: Zemmy's story  
Posted by heuni memass - 11 Nov 2011 16:03

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One of my favorite AA lines - *POOR ME, POOR ME, POOR ME A DRINK.*

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Re: Zemmy's story  
Posted by gibbor120 - 11 Nov 2011 16:25

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[ZemirosShabbos wrote on 11 Nov 2011 15:54:](#)

all i did was go for a drive on some quiet roads and talk. to the RBSO and to myself. it often helps clear out the system.

I hope your system is all cleared out. I hope you are doing well my friend. Have a GREAT shabbos!

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Re: Zemmy's story  
Posted by ZemirosShabbos - 11 Nov 2011 16:31

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thank you Gibor!

a happy and calm shabbos to you and yours



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