

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 obormottel - 11 Nov 2011 16:44

Manhugs and mankisses to a fellow warrior!

Gut shabbos.

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Re: Zemmy's story

Posted by Gevura Shebyesod - 11 Nov 2011 17:12

I thought talking to RBSO was a GOOD thing?

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2011 17:15

[Gevura ShebYesod wrote on 11 Nov 2011 17:12:](#)

I thought talking to RBSO was a GOOD thing?

i think you're right!

who said it's not?

[ur-a-jew wrote on 11 Nov 2011 16:34:](#)

we will have something in the system. The question is how we deal with it

good, important and wise words

thank you UAJ for always being there for me and for being such a pillar of good ideas, good

Mottel, right backatcha, ata ben adam tov. hope you have an awesome buckwheat-flaxseed shabbos!

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Re: Zemmy's story

Posted by an honest mouse - 14 Nov 2011 14:28

ZS, I just finished catching up on your thread since before succos! Great to see you doing well and dealing with pity in a healthy way - bH! Keep on singing!

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Re: Zemmy's story

Posted by ZemirosShabbos - 14 Nov 2011 16:39

After reading a great piece from Dov ????" in the BB section and seeing the same idea spoken about by my friend UAJ (and EBD too in the past) i see something about myself where i go wrong.

Hi AHM, thanks for the visit to my thread, i need to restock my cheese pantry

even though i am not looking at porn or masturbating right now (Baruch Hashem!), if i look to lust as my g-d, my life-source, my raison d'?tre, my prime and most important means of pleasure it is like expecting a glazed donut to magically provide me with color copies. meaning even if it would be muttar or advisable it is just not the reality.

so i ask the RBSO that what i seek in the wrong places He should provide from the right places. That He should be my BFF as Dov puts it. Quite a tall order it seems. But He is not limited by trade unions, OWS or protocol, so i can at least ask.

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Re: Zemmy's story

Posted by ZemirosShabbos - 14 Nov 2011 18:59

i went for a walk yesterday (not on concrete, on a path in the forest with trees)

weather was beautiful, not too hot or too cold

had my kids along, great company

scenery was beautiful (next to a lake)

foliage was amazing

saw a beautiful caterpillar, brown and black fur, looked like an unrolled shtreimel crawling along the ground

my daughter stuffed some very pretty leaves into my jacket pocket

walked a few miles, did not have to use the treadmill at night (which can be boring)

did i mention that i came home to a happy healthy family and had a good supper, made especially for me by my dear wife?

and that i have a job, chavrusa, shul, friends, lots of great sefarim, car, subscription to Possum Town News, and i have the best thread on GYE?

so i should be happy, right? right.

will do

(this is my efforts at self-therapy)

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Re: Zemmy's story

Posted by gibbor120 - 14 Nov 2011 19:27

[ZemirosShabbos wrote on 14 Nov 2011 18:59:](#)

(this is my efforts at self-therapy)

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Re: Zemmy's story

Posted by obormottel - 14 Nov 2011 20:54

you sound gloomy, dear friend, have you been skipping meals?

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Re: Zemmy's story

Posted by gibbor120 - 14 Nov 2011 20:56

, but only healthy food .

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Re: Zemmy's story

Posted by gibbor120 - 14 Nov 2011 20:57

I guess mottel is recommending food therapy .

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Re: Zemmy's story

Posted by obormottel - 14 Nov 2011 21:01

I always warn people that trucking and eating hot soup, although both beneficial, should not be done together.

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Re: Zemmy's story

Posted by ZemirosShabbos - 14 Nov 2011 21:11

Trucking therapy is also a very powerful remedy
i found a good truck for that.

and i am happy that since shtika ke'hoda'a, everyone must be maskim that my thread is the

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Re: Zemmy's story

Posted by Yosef Hatzadik - 14 Nov 2011 21:13

[ZemirosShabbos wrote on 14 Nov 2011 21:11:](#)

and i am happy that since shtika ke'hoda'a, everyone must be maskim that my thread is the

NO comment.

(Yup! I am agreeing!)
best

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Re: Zemmy's story

Posted by Gevura Shebyesod - 14 Nov 2011 21:55

The moral of the picture seems to be that drinking soup and driving will get you a ticket.... ;D

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