

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 Shteeble - 29 Nov 2011 00:49

It's good to be appreciated.

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Re: Zemmy's story

Posted by Back on Track - 29 Nov 2011 14:58

Wats tuesday again?

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Re: Zemmy's story

Posted by gibbor120 - 29 Nov 2011 15:02

[Back on Track wrote on 29 Nov 2011 14:58:](#)

Wats tuesday again?

No cholint.

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Re: Zemmy's story

Posted by ZemirosShabbos - 29 Nov 2011 15:08

this was last week's shiur be'inyan T.A.N.:

Talk about nerdy

terrific and nebulous

Trucking And Noshing

total absolute neanderthal

toejam and nescafe

Tish At Noon?

Trying Amid Nisyonos.

Tuna And Nachos

Take A Number

Talking About Nuttin'

Tiramisu And Nougat

Trachting About Narishkeit

Total Abstinence? Nu

Today Absoloutly Not

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Re: Zemmy's story

Posted by Gevura Shebyesod - 29 Nov 2011 15:18

Tell us **A New** one...

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Re: Zemmy's story

Posted by ZemirosShabbos - 29 Nov 2011 15:23

Traction Avant Nederland (Dutch automobile club)

Texas Association of Nurserymen

Total Ammonia Nitrogen

Tooth and Nail

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Re: Zemmy's story

Posted by Back on Track - 30 Nov 2011 19:15

htats right... thanks.

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Re: Zemmy's story

Posted by ZemirosShabbos - 30 Nov 2011 21:13

so lekovod M.A.N. i wrote a nice short note to the wife. betoch hadvarim i mentioned that she is very good at making fancy affairs, like melave malkas, chanuka parties, vach nachts etc.. i mentioned it more for the comicality than for the actual idea. (i was thanking her for keeping us fed, wearing clean clothes *and* for making fancy affairs)

anyway, last night i come home and the wife tells me to go wait in the living room and not to come into the kitchen. after a few minutes she brings in a really fancy dessert along with a nice

??? ????? ???? ???? ????????? ?????? ???...

maybe i'll write a note about how she has great skill in choosing winning lottery numbers, maybe cup of tea (orange). in lieu of a 'fancy affair'.

in related news, i needed to go restock my post-it note stash (in the bathroom on top of the medicine cabinet, along with a pen).

THAT'S called progress.

(ya hear rebbe UAJ?)

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she'll make that happen too
Re: Zemmy's story

Posted by JackAbbey - 30 Nov 2011 21:44

wow! thats instant results

why not write to her:

"you are brilliant in dressing with taste"

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Re: Zemmy's story

Posted by ur-a-jew - 30 Nov 2011 22:05

[Shmeichel wrote on 30 Nov 2011 21:44:](#)

wow! thats instant results

I don't think it was "instant results," it the product of a good investment in post-it notes and taking the time to show that you care.

[ZemirosShabbos wrote on 30 Nov 2011 21:13:](#)

anyway, last night i come home and the wife tells me to go wait in the living room and not to come into the kitchen. after a few minutes she brings in a really fancy dessert along with a nice

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maybe i'll write a note about how she has great skill in choosing winning lottery numbers, maybe

She'll probably say, "in lieu of" winning the lottery and spending tons of money I've decided to spend tons of money.

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Re: Zemmy's story

Posted by gibbor120 - 30 Nov 2011 22:20

cup of tea (orange). in lieu of a 'fancy affair'.

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Re: Zemmy's story

Posted by ZemirosShabbos - 30 Nov 2011 22:47

last night there was some left but i doubt it survived the day...

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Re: Zemmy's story

Posted by an honest mouse - 01 Dec 2011 13:43

that's beautiful zemmy! thanks for sharing - it works the opposite from the way we always thought, the only way to get is to give, not to take! thanks for the reminder.

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Re: Zemmy's story

Posted by Shteeble - 01 Dec 2011 16:53

PLEASE VOTE HERE: www.guardyoureyes.org/forum/index.php?topic=4840.0

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