

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 - 03 Feb 2012 16:45

[Blind Beggar wrote on 03 Feb 2012 11:03:](#)

Can you imagine 38 years sober? No porn, no zera levatola?

Im yirtzeh Hashem by you.

Im yirtzeh Hashem by all of us.

biz ah hoondrihd tzvahntzik, one day at a time

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Re: Zemmy's story

Posted by tehylimzugger - 04 Feb 2012 19:22

[ZemirosShabbos wrote on 03 Feb 2012 15:29:](#)

"We'll be Friends Forever, won't we, Pooh?' asked Piglet.

Even longer,' Pooh answered."

? A.A. Milne, *Winnie-the-Pooh*

"Hallo, Rabbit," he said, "is that you?"

"Let's pretend it isn't," said Rabbit, "and see what happens."

? A.A. Milne

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Re: Zemmy's story

Posted by Yosef Hatzadik - 06 Feb 2012 04:12

[quote="A.A. Milne]

If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you.

[/quote]

[quote]

If I will be sober until a hundred, I want to live to be a hundred minus one day, so I never have to live without sobriety.

[/quote]

Is [i]that [i]what [b]A.A.[/b] meant to say?

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Re: Zemmy's story

Posted by tehylimzugger - 06 Feb 2012 16:16

[quote="Yosef Hatzadik" link=topic=3071.msg132427#msg132427 date=1328501523]

[quote="A.A. Milne]

If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you.

[/quote]

[quote]

If I will be sober until a hundred, I want to live to be a hundred minus one day, so I never have to live without sobriety.

[/quote]

Is [i]that [i]what [b]A.A.[/b] meant to say?

[/quote]

we should start a thread in the beis medrash called "Iyunim Ubeiurim, Peirushim Ubeirurim, Bedivrei Rav Hai Gaon A.A.Milne ZT"L"

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Feb 2012 21:27

very profound stuff in Reb Vinnie's words

a thread expounding his expositions and extrapolating his ruminations would be great

"Let's begin by taking a smallish nap or two."

-Winnie the Pooh

tonight is MAN

get your pen and paper ready and start appreciating your better half

did she make a salt and pepper kugel?

did she pick up your socks for the past 40-odd years? did she smile at you in the past month?

did you notice how the kids are wearing clean (matching?) clothes?

are the dishes from simchas torah still in the sink?

did she (try to) listen to your speech/dvar torah/thesis at the shabbos table?

thank her

in unrelated news. saw a very important idea in Shearim Betfila from R' Shimshon Pinkus zt'l.

there is a type of tefila called 'P'gia'.

he explains it to mean unrelenting prayer to achieve a goal. keeping on keeping on. davening till you are answered.

it is a very powerful tool.

he points out that you need to keep in mind two things if you choose to use this path.

one is that HKBH is not your buddy. and you must remember to talk with respect. (even though there are/were tzadikim who seemingly spoke forcefully, you should not emulate that particular detail).

second, if you are not answered as quickly as you would want

1. you must not have tainos on HKBH, He operates in entirely different and often unfathomable ways. and on top of that He is doing it for YOUR benefit.

2. you should keep davening.

Moshe Rabeinu davened 515 tefilos to enter EY. yet the RBSO told him to stop. and he stopped. and he said afterwards *hatzur tamim paalo*.

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Re: Zemmy's story

Posted by Efshar Letaken - 07 Feb 2012 19:30

Hi,

I just came across this Song

www.chasidinews.com/6775/%D7%A2%D7%9E%D7%99-%D7%93%D7%99%D7%99%D7%9F-%D7%9E%D7%92%D7%99%D7%A9-%D7%94%D7%A9%D7%99%D7%A8-%D7%A9%D7%A0%D7%95%D7%9C%D7%93-%D7%9E%D7%AA%D7%95%D7%9A-%D7%A2%D7%96%D7%A8%D7%94-%D7%9C%D7%97%D7%91%D7%A8.html

& thought about Bendy. is this him? or someone that knows him?

It must be someone that has been here.

check it out!

E.L.

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Re: Zemmy's story

Posted by ZemirosShabbos - 07 Feb 2012 19:54

hi EL,

nice to see you in these parts.

you mean Bardy or Bendy?

i dunno if any of them has any connection to the song you linked but it is a good one bechol oifen

thank you

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Re: Zemmy's story

Posted by Efshar Letaken - 07 Feb 2012 20:00

We both know (I think) that it aint Bardy.

He doesn't look like that & the last time I Checked he's not a singer either. unless he gave up his day job. (I hope not)

But Who Coined the Phrase here on GYE "Ki Nafalti Kamti" if not Bendy?

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Re: Zemmy's story

Posted by ZemirosShabbos - 07 Feb 2012 20:08

bist gerecht

in that case we should make a (no green elephants) lechaim!

Gevura Shebyesod has added even more meaning to the phrase

KOMT-i, meaning Keep On Monster Trucking

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Re: Zemmy's story

Posted by Efshar Letaken - 07 Feb 2012 20:15

I Like!

He has a Shpits = Point, (for Dummies) there.

I any case the song might be helpful when things aren't going very well.

Maybe Guard can put it into the TAFsic Method.

I wont fall until I listen to this song 310 times (K'Neged Shai Tvilois) Ma-She-Hu Ka-Zeh!

E.L.

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Re: Zemmy's story

Posted by Gevura Shebyesod - 07 Feb 2012 20:26

Hey Zemmy, thanks for the plug!

And the song is great! Is it available for download? I need it on a CD for my truck ;D .

KOMT!!!!

Gevura!

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Re: Zemmy's story

Posted by tehylimzugger - 08 Feb 2012 11:06

some poetry from zemmy

it is said that you

are very much a poet

is it true?

can we know it?

set us some prose

put our mind at ease

beautiful words in flows

can you give us, please?

no matter, i shall not obfuscate

silence can be virtuous

behind a closed gate

words can be superfluous

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Re: Zemmy's story

Posted by tehylimzugger - 09 Feb 2012 16:41

[TehylimZugger wrote on 08 Feb 2012 11:06:](#)

some poetry from zemmy

it is said that you
are very much a poet

is it true?

can we know it?

[ZemirosShabbos wrote on 25 Oct 2011 20:43:](#)

dee bist a poet
even if you didn't knowit
now you showit

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Re: Zemmy's story
Posted by ZemirosShabbos - 09 Feb 2012 17:27

poetry and know-ity

quotes and boats

mucho loko

from hot cocoa

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(??? ??)

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