

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 - 27 Oct 2010 03:37

yes yosef hatzaddik wrote something like that too

about two months ago

that he was addicted to gye

you can try to find his posts and see how the oilam hit him over the head over there.

it's true.

you can be addicted to gye.

but for me i feel i benefit from being addicted to gye.

true i may overdo it at times.

but in general i think it's much more of a help than a hinder.

You could always start a GYEA meeting and 12 steps program i suppose.

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ps remember isolation is enemy number one

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Re: Zemmy's story

Posted by ZemirosShabbos - 27 Oct 2010 16:08

thanks world for your perspective. sounds right.

isolation is a killer

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Re: Zemmy's story

Posted by ZemirosShabbos - 27 Oct 2010 16:13

Just like you cannot see anything without eyes and cannot hear anything without ears, so too nothing can be truly acquired without tefilah beforehand.

Bilvavi Mishkan Evneh, vol.3, pg.57

he goes on to address the obvious question of why we see people who don't daven and get all

kinds of things. he gives six different answers. but the concept is true as is. for me this is enough to think about for the next little while.

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Re: Zemmy's story

Posted by bardichev - 27 Oct 2010 18:12

Zemmy says;

"in any event, lechaim!"

Bards says

in EVERY event, lechaim!

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Re: Zemmy's story

Posted by ZemirosShabbos - 27 Oct 2010 18:17

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Re: Zemmy's story

Posted by 1daat - 27 Oct 2010 22:28

Hey Zemmy. Just stopping by. I noticed Bards (new?) tagline. "Simcha is the secret". Typical Bards, yes? Exquisitely simple, profoundly deep, with a woodford chaser.

S0000000,

b'simcha

1d

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Re: Zemmy's story

Posted by bardichev - 27 Oct 2010 23:26

The tactic of the YH

Is to point out that we are missing simcha

And he can give you simcha

Yes he gives u a little taste

But where does he take it from

By robbing you of your REAL SIMCHA

B

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Re: Zemmy's story

Posted by ZemirosShabbos - 28 Oct 2010 02:49

ahhhh reb Bards, it is a zechus and honor to have such divrei elokim chaim on my humble thread

thank you 1daat for being the shaliach lidvar mitzva

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Re: Zemmy's story

Posted by ZemirosShabbos - 28 Oct 2010 14:53

Parshas Chayei Sarah

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K'vor es meisecha

bury your deadness! (clumsy English translation)

from Likutei Imrei Chaim, the previous Vizhnitzer Rebbe

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Re: Zemmy's story

Posted by jewinpain - 29 Oct 2010 03:51

Zemmy, I'm glad to hear that I was a help, we all gota give the favor back I'm amazed by the long streak u r going and that's w/o any program or a specific group, I can very much relate to that, I haven't really sticked to a program either , & I am just trucking away day by day, hour by

hour to get the YH buried deep deep for good, keep us inspired with ur zmiros

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Re: Zemmy's story

Posted by ZemirosShabbos - 29 Oct 2010 15:09

JIP, i remember you when you first joined and i am totally amazed at your journey. you turned your life towards Hashem and you shlep everyone else here along with you. keep up your wonderful efforts. ashrecha ba'olam hazeh vetov lach ba'olam haba!

have a triple R shabbos (to paraphrase 7up)

Rest Rejuvenation & Ruchnios

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Re: Zemmy's story

Posted by bardichev - 29 Oct 2010 16:45

Parshas Chayei Sarah

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K'vor es meisecha

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