

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.

=====
=====

Re: Zemmy's story
Posted by gibbor120 - 22 Mar 2012 19:36

. Especially if you become so engrossed in

=====
=====

Re: Zemmy's story
Posted by ZemirosShabbos - 22 Mar 2012 21:10

ever saw a giraffe on a cholint-spelling diet?

=====
=====

Re: Zemmy's story
Posted by JackAbbey - 23 Mar 2012 16:19

cholent

Ceneinne Horra Oyf Lanneg Ehrvarttete Naches Tootoo

=====
=====

You'll stay a lot thinner spelling cholint than eating it

debating what the correct spelling ought to be, that you forget to eat lunch

====

Re: Zemmy's story
Posted by ZemirosShabbos - 23 Mar 2012 17:19

Chmeichel

Has

Osome

Language

Interpretation

Never-seen-before

Talent

=====
=====

Re: Zemmy's story
Posted by ZemirosShabbos - 29 Mar 2012 20:19

[Shteeble wrote on 22 Mar 2012 17:50:](#)

food for thought:

koecadlsww

i asked Harav Shteeble shlita what the depth of his esoteric epistle was and he kindly enlightened me:

keep on eating cholint (or cholent) and drinking lemonade-spiked woodford

in other news, i get a mazel tov, i made a siyum on a box of hamantashen today. my co-workers helped me, as well as guests and various delivery people. certain GYE-members were invited to partake but declined to come to the feast. iy'h by you oif simchas.

in other other news, reading this article

www.guardyoureyes.org/forum/index.php?topic=4565.msg135258#msg135258

brought home to me a point that i often forget. the primary tool for relating to the wife is under my nose. talking and sharing feelings and experiences. not doing you-know-what. sharing how i feel, what i fear, what i am worried about, what i appreciate. even if it makes me vulnerable or paints me in a less-than-flattering light. *(of course, common sense needs to be used, and if you just ran over some little old lady crossing the street, besides for the obvious chizuk in lo sirtzach you need, it might not be prudent to share that with the wife just yet).*

in more other news, i installed accountability software today. (i have filters installed for years but never had accountability software [webchaver]). i had posted about doing so a while ago but the company did not respond and i did not pursue it, but today things worked out and now my every move is being watched. yishtabach shmo!

thank you UAJ for your kind help

here is a really beautiful email i got today:

- 1] Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.
- 2] So why a Car's WINDSHIELD is so large and the Rear view Mirror is so small? Because our PAST is not as important as our FUTURE. So, Look Ahead and Move on.
- 3] Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.
- 4] All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.
- 5] Old Friends are Gold! New Friends are Diamond! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a Base of Gold!

6] Often when we lose hope and think this is the end, G-D smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"

7] When G-D solves your problems, you have faith in HIS abilities; when G-D doesn't solve your problems HE has faith in your abilities.

8] A blind person once asked: "Can there be anything worse than losing eye sight?" The answer is: "Yes, losing your vision!"

9] When you pray for others, G-d listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.

10] WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.

=====
=====

Re: Zemmy's story

Posted by ZemirosShabbos - 03 Apr 2012 18:13

???? ???? ???? ???? ???? ???? ???? ?

The Ribono Shel Olam was so kind to me and lifted me up from the mud of porn for 2 years.

Not only that, He gave me a new appreciation of yiddishkeit, a new relationship with Him, a new relationship with myself, and many new friends and acquaintances who are a source of chizuk, camaraderie and life-lessons.

Like all the other bounty in my life i do not deserve any of it. It is pure chessed. The least i can do is thank Him.

Thank you Hashem!

thank you to Guard, what a gevaldiger zchus you have, megalgelim zchus al yedai zakai, ????"
???? ?' ???? ????? ??????? ??????? ??????? ???????

thank you to all the holy members of GYE ?????? ???????

Please Hashem guide me along the path, to let go of my own plan and accept Your plan, patiently and with hope, love and joy.

=====
=====

Re: Zemmy's story
Posted by gibbor120 - 03 Apr 2012 20:24

Mazal Tov! Glad to be trucking along with you!

=====
=====

Re: Zemmy's story
Posted by tehylimzugger - 04 Apr 2012 01:56

mazel tov

and mazel tov to the siyum

iy"h by us all oif simchos [without having to travel to the bronx ;)]

=====
=====

Re: Zemmy's story
Posted by ZemirosShabbos - 05 Apr 2012 16:48

thank you (for various reasons...)

=====
=====

Re: Zemmy's story
Posted by ZemirosShabbos - 05 Apr 2012 16:52

for chol hamoed:

www.guardyoureyes.org/forum/index.php?topic=561.msg93262#msg93262

www.guardyoureyes.org/forum/index.php?topic=1055.msg21279#msg21279

www.guardyoureyes.org/forum/index.php?topic=3218.msg104502#msg104502

www.guardyoureyes.org/forum/index.php?topic=477.msg71563#msg71563

www.guardyoureyes.org/forum/index.php?topic=2083.msg59719#msg59719

=====
=====

Re: Zemmy's story
Posted by ZemirosShabbos - 05 Apr 2012 16:54

oh, and this is for haman's yartzeit

www.guardyoureyes.org/forum/index.php?topic=3513.0

=====
=====

Re: Zemmy's story
Posted by 1daat - 06 Apr 2012 20:43

Mazel Tov Zem. It comes at the perfect time. Hashem gives us Nissan zchus Zemmy's avodah.

all good brochos to you and your family.

=====
=====

Re: Zemmy's story
Posted by Shteeble - 17 Apr 2012 17:13

hi

=====
=====

Re: Zemmy's story

Posted by 1daat - 20 Apr 2012 06:56

hi Zem. Kol Hakavod.

Joel

=====
=====