

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 ZemirosShabbos - 25 Nov 2010 16:36

in shul last night i took out a gemara, a new print with all the bells and whistles. i looked in the front page to see who donated it and was pleasantly surprised to read the inscription.

it was donated anonymously as a zechus for all the people who did not leave any children in the world after they were niftar.

it was heartwarming to see such an altruistic act of kindness.

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Re: Zemmy's story

Posted by ZemirosShabbos - 25 Nov 2010 18:10

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the heilige Ropshizter Rebbe said that until the moment he was niftar the Yetzer Hara did not know that he was not on his 'team'. he fooled the Yetzer Hara. he did things in a way that the YH thought that he was doing it for the YH's benefit.

similarly, some people are inspired and feel like they are 'chapping malochim'. problem is that they make sure that everyone else also knows that they are super-ultra-frum by making a whole show.

this is what the pasuk is saying, ain sar bais hasohar roeh es kol meumah ... ba'asher Hashem ito, Yosef was constantly dovek to Hashem but the people around him did not see it. he acted with tznius and did not trumpet his madreigos.

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Re: Zemmy's story

Posted by ZemirosShabbos - 25 Nov 2010 19:35

i recently told my wife of my struggles with lust. she was very supportive and understanding, for which i am very grateful. it caused me to realize something, which is not a new idea but it brought it home to me in a more tangible way.

up until now in her eyes i was a guy who did not look at women and was careful with my eyes. sounds pretty good. a model of yiras shomayim. (ha ha). but in reality i was far from that. i might not have looked at women if i knew they would notice, but if no one was watching, boy did i look . so i feel that i failed as a husband. yet my wife still accepts me and claims to be impressed that i faced the facts and am trying to be on-guard. i am somewhat surprised that she accepts me as i am. but this may be rooted in a 'perfectionist' view. i.e. if i'm not perfect i'm nothing.

thankfully neither she nor the RBSO subscribe to that theory.

it can be very hard to accept that i am not perfect (or at least average) and not only not perfect but also big-time messed up. addicted to lust. a little looking, a little thinking about lust, a little reading about lust can cause a major crisis. i am not like every other regular guy on the street. i

am hyper-sensitive to lust. like a guy with asthma, for him a little more air pollution can be critical. same for me, a piece of clothing, a fully dressed woman, any slight 'mention' can set me off fantasizing. certainly not a 'normal' reaction. rather a product of years of association. definitely not perfection but definitely true.

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Re: Zemmy's story

Posted by an honest mouse - 25 Nov 2010 21:17

BEAUTIFUL vort! I love it, I'm gonna use that at the shabbos table. (along with your zemiros of course!)and...

nice thought regarding Hashem & your wife, I wonder why we are all so hooked up on perfectionism? maybe its all those years looking for the 'perfect' woman...uch...

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Re: Zemmy's story

Posted by ZemirosShabbos - 25 Nov 2010 22:38

thanks AHM!

about perfectionism, i would like to think that it stems from our having a neshoma that is only satisfied with being close to Hashem and He is perfect and we misconstrue those feelings and turn them against ourselves...

but what do i know?

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Re: Zemmy's story

Posted by bardichev - 25 Nov 2010 22:43

KICKBOXING

WOODFORD CHOLINTADE CHIORPRACTICE

DOES ANYONE REMEBER WE USED TO DISCUSS ICE CREAM SUSHI AND AVATARS

NOVARDIKKERS

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Re: Zemmy's story

Posted by ZemirosShabbos - 25 Nov 2010 22:50

and flakes

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Re: Zemmy's story

Posted by Shteeble - 25 Nov 2010 22:54

flakes is not in the glossary yet. what is it????

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Re: Zemmy's story

Posted by ZemirosShabbos - 25 Nov 2010 22:56

from the context it was used in it seems to mean someone who is emotional and not ashamed

of the fact

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Re: Zemmy's story

Posted by jewinpain - 28 Nov 2010 01:06

Perfectionism is a symptom of an addict, we want things OUR way, and we run over everyone in our way to accomplish it the way WE want and that makes us feel good, and we still go around and add on our resume this as a good part of us, what a bunch on nuts we addicts are

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Re: Zemmy's story

Posted by ZemirosShabbos - 28 Nov 2010 03:41

what you are saying rings true JIP. a great part of any addiction is a deep selfishness. 'I' need my fix. and that feeling of self-primacy grows with time. and being self-centered and doing ruinous things leads to sadness. the best way to gain simcha is to work towards a goal and to help others.

and while you will find addicts often being perfectionists, it does not mean that all perfectionists are necessarily addicts. IMHO.

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Re: Zemmy's story

Posted by Shteeble - 28 Nov 2010 14:42

imho?

is that in the glossary?

what is it???

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Re: Zemmy's story

Posted by briut - 28 Nov 2010 21:28

"In My Humble Opinion."

You probably haven't heard it much because most of us don't have opinions that we are terribly humble about. So some people say IMO. But it's not nearly as elegant for bulletin-board-readers as IMHO, which has a nice catch of sarcasm to it.

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Re: Zemmy's story

Posted by bardichev - 28 Nov 2010 21:35

[Briut wrote on 28 Nov 2010 21:28:](#)

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git gezocht

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