

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 TehillimZugger - 02 Feb 2014 18:18

ask Aaron Razel:

B'Inyan hasimcha!

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Re: Zemmy's story

Posted by cordnoy - 02 Jul 2014 17:41

Thanks for last Friday....it really meant a lot to me.

Giraffe helpin' a truck stuck in a forest.

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Re: Zemmy's story

Posted by ZemirosShabbos - 02 Jul 2014 19:30

pleasure was mine!

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Re: Zemmy's story

Posted by chesky - 03 Jul 2014 12:17

go Bears!

Hi Zemmy,

Just checked in for the first time for ages, and I found your thread on the first page. Really nostalgic, especially since TZ decided to revive your introductory post.

Anyway, I am hoping to hang around a bit longer this time (one day at a time).

Still addicted, thankful to be in recovery. Had a bumpy ride lately, with a few falls. But sober today thankfully.

May HaShem grant us all sane and sober day.

Chesky

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Re: Zemmy's story

Posted by unanumun - 03 Jul 2014 14:50

welcome back chezky. looking forward to seeing you around in the new posts and not only when i read through the old ones and wonder whatever happened to the guys that disappeared

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Re: Zemmy's story

Posted by cordnoy - 03 Jul 2014 17:19

Welcome back Chesky.

You helped me a lot with your insightful posts when I was beginnin' my road of recovery.

The road is a long one....as long as our life, but it is a welcome one...thanks to people like you.

Wishin' you much hatzlachah in this go-around.

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Re: Zemmy's story

Posted by chesky - 03 Jul 2014 18:31

Thanks guys for the welcome.

And BTW Avrom, you helped me too!

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Re: Zemmy's story

Posted by ZemirosShabbos - 03 Jul 2014 18:49

i was thinking of calling you many times. (i am an expert thinker..)

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Re: Zemmy's story

Posted by Pidaini - 03 Jul 2014 22:31

Welcome back chesky!!!

May Hashem help us share strength experience and hope with each other, to help us lead our life the right way!!!

It's great to have you back!!!! (Yeah, that's selfish, but it really is!!)

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Re: Zemmy's story

Posted by chesky - 04 Jul 2014 13:35

[ZemirosShabbos wrote:](#)

Zemmy! How could you????!!

Anyway, now that it is out, for all the guys who don't like Woodford, time to go to your local macolet and get a bottle of banana liqueur.

May HaShem grant us all a sober, sane and serene Shabbos.

I thought that the banana liqueur addiction, was a secret!
And Pidaini. Its good to be back. Thanks.

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Jul 2014 17:28

Shabbat shalom ume vorach!

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Re: Zemmy's story

Posted by Pidaini - 04 Jul 2014 17:35

Be careful everyone....it's not BADATZ!!!!!!

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Re: Zemmy's story

Posted by Machshovo Tova - 05 Jul 2014 00:21

[Pidaini wrote:](#)

Be careful everyone....it's not BADATZ!!!!!!

Is Woodford BADATZ?

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Re: Zemmy's story

Posted by Pidaini - 06 Jul 2014 22:23

of course not!!!!

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