

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 - 30 Nov 2010 15:36

very tired today, was up late last nite. not on the computer, b'h. one of my kids has fever.

once saw in a chasidisher sefer, i think Toras Avos - Slonim, that a tired person is like a house in the forest with no window panes or doors, entirely open to any and all thoughts and urges. without GYE and the awareness it engenders i would probably be headed into deep water. thank Hashem for directing me to GYE and the special holy people who populate this island of kedusha.

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Re: Zemmy's story

Posted by an honest mouse - 30 Nov 2010 16:41

refuoh shleimo! kol hakavod on your level of awareness and nice moshul!

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Re: Zemmy's story

Posted by jewinpain - 30 Nov 2010 16:47

Zammy, IMHO if u have ur hazard lights on, u should be able to go even on 40 MPH

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Re: Zemmy's story

Posted by Yosef Hatzadik - 01 Dec 2010 00:37

Avraham Avinu's house had 4 open doors on all sides. So, why did his house not get influenced by the outside world?

There is a *k'lal* in *Hilchos Kashrus* that while something is *giving* it is not *getting*. While Avraham was engaged in spreading spirituality - that is the reason that he had open doors - he was protected from incoming influences.

By being a ***giving person***, giving your sleep to your child late at night; giving/spreading cheer & chizuk around GYE, will surely stand for your merit & the BOSS will guard you! (Provided you don't actively seek out triggers!)

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Re: Zemmy's story

Posted by 1daat - 01 Dec 2010 04:31

Hi Zem. Thanks for checking in.

Beautiful that a tatteh stays up with his kinder.

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Re: Zemmy's story

Posted by frumfiend - 01 Dec 2010 04:40

Thank you yosef for that great thought.

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Re: Zemmy's story

Posted by an honest mouse - 01 Dec 2010 14:49

hatzadik that's a great vort!

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Re: Zemmy's story

Posted by ZemirosShabbos - 01 Dec 2010 15:29

wow Yosef Hatzadik, that's a really nice vort!

and thanks for the kind sentiments

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Re: Zemmy's story

Posted by ZemirosShabbos - 02 Dec 2010 19:10

Parshas Mikeitz

??? ??? ??? ?????? ?????... ??? ???.... ??? ???

the Shvatim said to Yakov that Yosef accused them of being deficient in shmiras ha'yesod, 'meraglim atem', liros es 'ervas' haaretz. Yakov said, ??? ??? with this you can repair the blemish. kechu mizimras haaretz, (???? ??????' ??? ?????, (??' ?????? take shabbos'dige niggunim

that you sing with friends, that's one tikun. ??? ???, be mema'et the yetzer (same letters as ???) through learning Torah, ????? ??? ????? ?????, this is also a tikun and a shemira. and ??? ???, minimize your indulgences in the things you find to be 'sweet' (like honey ???). all these are tools that help a person guard his yesod.

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Re: Zemmy's story

Posted by bardichev - 02 Dec 2010 19:22

zos asu "ichyu"!!!

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Re: Zemmy's story

Posted by Yosef Hatzadik - 02 Dec 2010 19:54

Rabeinu Yona (?) explains the words '*Miut taanug, miut sicha*' as a positive thing. We **need** a little bit of taanug & shmoozing. We cannot manage without it!

Boruch Hashem, we can get our *taanug* on GYE; we have no need to 'search' elsewhere.....

Thank you, Reb **Zemiros Shabbos** for being the Gabbai in charge!

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Re: Zemmy's story

Posted by ZemirosShabbos - 02 Dec 2010 20:07

reb yosef, it is a taanug to read a good vort from **you**!

shkoyach!

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Re: Zemmy's story

Posted by ZemirosShabbos - 05 Dec 2010 18:35

Chanukah is a great opportunity.

like every great opportunity it needs to be used correctly. we need to be vigilant. there is more leisure time. parties, schools being closed, traveling. we need to remember that lusting after anyone is a problem, regardless of if it's a relative or a friend. if i go to a party i need to find a seat that does not face the women. i need to make sure not to spend time in a shopping mall just taking in the scenery. keep asking for Hashem's help in staying out of trouble.

on a positive note: it is a very special mitzva done at home with the family in an atmosphere of warmth. an opportunity to fix our eyes upon the light of a mitzva and to cleanse our eyes to some extent of wrong images we may have viewed. a time for extra davening and singing. a time to connect with family and friends. a time where the light of kedusha descends to places where it normally doesn't reach and can uplift souls who have fallen very far. it's a story of how a small little flame can dispel the deep dark night

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Re: Zemmy's story

Posted by Shteeble - 05 Dec 2010 22:01

not to mention the potato chips.

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