

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 - 09 Dec 2010 22:13

Briut, how about ~~MSG~~ Chinese chef?

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Re: Zemmy's story

Posted by briut - 09 Dec 2010 22:35

[ZemirosShabbos wrote on 09 Dec 2010 22:13:](#)

Briut, how about ~~MSG~~ Chinese chef?

Yeah, Chinese food is just like the story of my addicted life -- an hour later you're hungry for more .

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Re: Zemmy's story

Posted by bardichev - 09 Dec 2010 22:37

what about kichsaa

kickboxing

nivordikkerniggunim

sushi

icecream

(laser pointers hahahahah rage remeber that?)

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Dec 2010 22:47

kishka sushi and ice cream will be in the kitchen

kickboxing in the gym (the real american yeshivas have gyms)

nivordikker nigunnim are to be sung when tisha b'av falls on shabbos, by shalosh seudos right before the zman

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Re: Zemmy's story

Posted by desperate_teddybear - 10 Dec 2010 00:35

ICECREAM!!!!!!!!!!

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Re: Zemmy's story

Posted by briut - 10 Dec 2010 03:21

kishka-sushi-ice cream. Sounds like a disgusting concoction of a pre-school kitchen set. You guys sure are a buncha sicko-s. What's next, woodford-milk-beef gravy?

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Re: Zemmy's story

Posted by Shteeble - 10 Dec 2010 03:52

please, a little diplomacy here.

ps diplomacy isn't in the glossary.

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Re: Zemmy's story

Posted by ZemirosShabbos - 10 Dec 2010 05:30

if my memory serves me right, diplomacy is the art of reading diplomas...

democracy is a condensed version of 'dem are crazy'

but i may be wrong. underscores the importance of having a good glossary...

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Re: Zemmy's story

Posted by Yosef Hatzadik - 14 Dec 2010 01:16

Hey there! Reb **Zemiros Shabbos**!

What is going on with this story? When is the next installment going to be posted?

We find you all over the forum, is your own thread condemned to be forsaken & forlorn?

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Re: Zemmy's story

Posted by ZemirosShabbos - 14 Dec 2010 15:39

lemme see....

jokes go in the 'Just having fun'

Torah in the Bais Medrash

can i just say Hi? oops, wrong thread for that as well

maybe it's like after you wash before hamotzie - nu!

oh wait, i got it, this is a trick i learned at someone's house i ate at on shabbos many years ago. he had a lot of kids ka'h and after he washed there would be a break of a nice few minutes until everyone else washed. he would break out in a loud (wordless) rendition of a nice 'march'. so i

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Re: Zemmy's story

Posted by Shteeble - 15 Dec 2010 02:57

Hello R' Zemmy. Vus macht min?

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Re: Zemmy's story

Posted by ur-a-jew - 15 Dec 2010 14:31

Zemmy read your most recent post on BB's thread. Sounds like your down. What's up? Sing us a zemmer it life us all up.

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 15:26

hi reb World!

great to see you

Hi UAJ,

) thread

i did not mean to imply that i am down.

many many thanks to the One above for blessing me with so much

entirely disproportional to what i could dream of deserving

family, health, friends, community, job, GYE!!

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Re: Zemmy's story

Posted by briut - 15 Dec 2010 15:40

[ZemirosShabbos wrote on 15 Dec 2010 15:26:](#)

ps. where can i leave a post-it note to the RBSO?

I might suggest your siddur. Maybe shemone esrei. Maybe r'faheinu, maybe sh'ma koleinu? At any word where you think you'll see the note and pause for 15 seconds.

Just a thought. And even if you were tongue in cheek, I am not.

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