

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

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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 bardichev - 31 Dec 2010 05:46

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World u left out

Possum cholint

Vangoghs ear

Kickboxing

Old timers special

Sushi

Icecream

Pink gevaldigggggs

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Re: Zemmy's story

Posted by ZemirosShabbos - 31 Dec 2010 05:52

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someone claimed that there was a hijacking going on here

so i will try to get back on track

let's see.... what in the world is 'zemmy'? never quite figured that out

how about zemiros shabbos? that's easier

need volunteers for shalom aleichim, kol mekadesh, azamer bishvachin, menucha vesimcha, kah echsof (ahhhh, mamesh a mechaya), tzomo nafshi, odeh lakel, az bayom hashvii, yom shabbos kodesh hu, ma yedidus...

just upload your recordings and we can pick the best one to sing at the GYE shabbaton in Yerushalayim

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Re: Zemmy's story

Posted by Shteeble - 31 Dec 2010 06:03

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[bardichev wrote on 31 Dec 2010 05:46:](#)

World u left out

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iss true. as was typin i was thinkin how i was leavin out lots of stuff. but since joining gye i have overcome my perfctionism, and in so doing i don't allow myself to worry so much about the "oy but how could i leave out this and that, what will people think of me".

NPFBs probably wouldn't understand.

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Re: Zemmy's story  
Posted by bardichev - 31 Dec 2010 06:21

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Nobody's Perfect

Funny boy

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Re: Zemmy's story  
Posted by Shteeble - 31 Dec 2010 06:26

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according to the official gye glossary....

NPFB stands for non-perfectionist from birth.

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Re: Zemmy's story  
Posted by Eye.nonymous - 31 Dec 2010 08:26

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[ZemirosShabbos wrote on 31 Dec 2010 05:52:](#)

just upload your recordings and we can pick the best one to sing at the GYE shabbaton in Yerushalayim

You're in Yerushalayim?

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Re: Zemmy's story  
Posted by briut - 31 Dec 2010 13:01

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[world wrote on 31 Dec 2010 06:26:](#)

according to the official gye glossary... NPFB stands for non-perfectionist from birth. Funny! So I suppose there's also a BNP - a ba'al non-perfectionism! Which is to say that we've MASTERED the art of non-perfectionism. You know, we're doing it PERFECTly as only a MASTER could do.

I'm so relieved to hear I'm not messing up my assignment.

Good Shabbos to all.

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Re: Zemmy's story  
Posted by frumfiend - 31 Dec 2010 13:10

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Really were is he?

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Re: Zemmy's story  
Posted by ZemirosShabbos - 31 Dec 2010 15:15

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[Eye.nonymous wrote on 31 Dec 2010 08:26:](#)

[ZemirosShabbos wrote on 31 Dec 2010 05:52:](#)

just upload your recordings and we can pick the best one to sing at the GYE shabbaton in Yerushalayim

You're in Yerushalayim?

according to the Baal Shem Tov i commute often between Yerushalayim and Tzfas, with frequent stops in Meron...

*(the Baal Shem Tov says that a person is located where his thoughts are)*

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Re: Zemmy's story  
Posted by ZemirosShabbos - 31 Dec 2010 15:16

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good shabbos to all the perfect perfectionists and to the perfectly non-perfect non-perfectionists

i am a confectionist

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Re: Zemmy's story  
Posted by bardichev - 31 Dec 2010 15:18

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I'm a imperfectionist!

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Re: Zemmy's story

Posted by ZemirosShabbos - 31 Dec 2010 15:25

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[bardichev wrote on 31 Dec 2010 15:18:](#)

I'm a imperfectionist!

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Re: Zemmy's story

Posted by ZemirosShabbos - 31 Dec 2010 16:16

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i was just kidding rebbe b, no need to send Billy throwing possums through my windows

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Re: Zemmy's story

Posted by ZemirosShabbos - 03 Jan 2011 16:06

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saw two signs recently which seemed to be 'talking' to me.

well rebbe b, i don't know how to say this but you are doing a **perfect** job being imperfect...

one said "Stressed? try kickboxing!" and one said "Forget love, try Lust!".

before you throw dead possums at me let me explain what i mean. stress and discontent (among other things) are what drive us to seek out our preferred drug, be it porn or masturbation



or whatnot. when those little voices go off in my head saying, "oh, poor me, i did/did not get this or the other thing and i really need it, the wife/boss/friend made a funny-face at me/insulted me, i have too little money/time/kids/cars/houses/ears whatever... why not go for some relaxation and get some much deserved pleasure..."

that is the voice of addiction, the voice of the yetzer hara, whatever you prefer to call it.

trying to sell me a medication that guarantees that i will never finish the prescription, with life-long refills.

lusting will not make me happy, relaxed or feel accomplished. it will destroy my spark of life and turn me into a shell. a spent shell. it will destroy my connection to Hashem, my wife, my kids, my

so if i feel stressed, i at least am aware of the fact and know that i need to keep safe and not vent by taking poison. some may prefer kickboxing. some may prefer jogging, origami, or making some new cholint recipe.

and the poor misguided soul who put on that bumper sticker promoting lust did us all a service by showing that love and lust are two distinct items. love gives life, rejuvenates, renews, attaches, connects and leaves you feeling 'good'. lust destroys, uses, empties, disconnects and leaves you feeling like a used pizza box.

so if anyone reading this is the guy who had the lust bumper-sticker or the kickboxing ad, here is my official hat-tip, shkoyach!

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friends and last but not least, to GYE