

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 - 16 Jan 2011 01:53

[HashemsSoldier wrote on 14 Jan 2011 20:31:](#)

[ZemirosShabbos wrote on 11 Jan 2011 16:51:](#)

reached a milestone today

i bought the CD that i use as my avatar!

truly an historical moment

it was on sale for \$3.99

cheaper than sushi

hat-tip to Belz

they have some really nice songs

WATLITW (bards)

zemms

WOW....is it still on sale??

wanna buy me one?? pwety pwease.

i would give you mine

i did not find any songs on it that are going into my long-term repertoire...

if you ever travel down to Zemmsville they are on sale and something tells me they aren't going anywhere soon

cover is nice though

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Re: Zemmy's story

Posted by ZemirosShabbos - 16 Jan 2011 01:56

[jewinprogress wrote on 16 Jan 2011 01:37:](#)

How r u doing zemmy?

thank the One Above, rolling along

happy to have my family, community, friends, GYE, job, health, (pickled possums) and much

thanks for stopping by

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more

Re: Zemmy's story

Posted by mnman415 - 16 Jan 2011 02:49

[ZemirosShabbos wrote on 16 Jan 2011 01:53:](#)

[HashemsSoldier wrote on 14 Jan 2011 20:31:](#)

[ZemirosShabbos wrote on 11 Jan 2011 16:51:](#)

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arg!

i could always go for learning new niggunim, im very into niggunim whenever and wherever i am. the only problem is that i dont know so many :-[so the few that i know and use are getting over-used

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Re: Zemmy's story

Posted by Shteeble - 16 Jan 2011 03:33

Zemmy, maybe you need a nice Regesh style.

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Re: Zemmy's story

Posted by bardichev - 16 Jan 2011 03:54

<http://www.guardureyes.com/GUE/Music/mus/Berditchev.mp3>

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Re: Zemmy's story

Posted by ZemirosShabbos - 16 Jan 2011 04:51

the heiliger Bardichtever's nigun? mamesh the sweetest of the sweet and the deepest of the

i like Shalsheles, Moshe Goldman, Karduner, Viznitz, Belz, Satmar, Breslov, Bobov, Chabad, Carlebach, Eitan Katz, Shlomo Katz, Yehuda Green, Boruch Levine, Chilik Frank, Guy Tzvi Mintz, Simply Tsfat and more, in case anyone wanted to know my 'list'

[HashemsSoldier wrote on 16 Jan 2011 02:49:](#)

arg!

i could always go for learning new niggunim, im very into niggunim whenever and wherever i am. the only problem is that i dont know so many :-[so the few that i know and use are getting over-used

deep

i also love learning a good nigun, and keeping it for later use

mostlymusic.com has all the jewish cd's and you can listen to short previews of each song

and most albums can be downloaded for \$11

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Re: Zemmy's story

Posted by Eye.nonymous - 17 Jan 2011 20:32

It's amazing how many nigun combinations there are for the three words

La La La.

Which is really one word three times, but what matters is HOW you say it.

It's sort of like tzirufim of the osios from the Shem Havaya or something, ad infinitum, and when it comes down to it, we're all really just a letter Heh or something. Wait a second, maybe a letter Yud.

--Eye.

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Re: Zemmy's story

Posted by ZemirosShabbos - 17 Jan 2011 20:44

[Eye.nonymous wrote on 17 Jan 2011 20:32:](#)

It's amazing how many nigun combinations there are for the three words

La La La.

lotsa songs for oy yoy yoy too

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Re: Zemmy's story

Posted by ben durdayah - 17 Jan 2011 21:11

Don't forget ya-dee-day!

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Re: Zemmy's story

Posted by ZemirosShabbos - 17 Jan 2011 21:13

and my personal favorite:

yubbee bibbee bam

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Re: Zemmy's story

Posted by Shteeble - 17 Jan 2011 23:35

Uncle Moishy?

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Re: Zemmy's story

Posted by ZemirosShabbos - 18 Jan 2011 16:15

i like Uncle Moishy

will listen to it with pleasure

especially the older ones

please don't tell my mechutonim

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Re: Zemmy's story

Posted by ben durdayah - 18 Jan 2011 17:39

In that case it's:

Hey-dum-dittley-dum....

That's four words,

Ooops,

EBD

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Re: Zemmy's story

Posted by Shteeble - 18 Jan 2011 17:40

Marvelous Midos Machine?

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