

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 - 02 Feb 2011 21:34

at work i have a machine with a huge blade. the blade needs to be changed every once in a while to be sharpened. there is a whole procedure to taking out the old blade and putting in the new one. it is best not to handle the blade directly, rather use long screws to move it around. it's better to unplug the machine when changing blades as well.

was no different. i just took the shortest easiest route and handled the blade with my bare hands. (b'h nothing untoward happened)

this

macho+lazy=dangerous.

got me thinking.

in my life i have a dangerous "blade" which needs to be handled correctly.

i need to read the instructions and follow them, otherwise insurance Hashem won't cover it

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Feb 2011 19:30

i had a slip

last nite

stayed up too late and read an article

not graphic but the subject matter was feeding my lust

not 100% sure it is a slip or not but it doesn't really matter

need to stay out of HALT (hungry angry lonely tired) situations

please Hashem keep me safe

and thank You for providing protecting and keeping me

and thank you to all my dear GYE friends who keep me on my toes, whether you know it or not

have a great shabbos!

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Re: Zemmy's story

Posted by Rising Up - 04 Feb 2011 19:42

Hey, you got Shabbos coming up and guess what? So do we all. Shabbos is for reflection. The whole week we prepare for Shabbos and when it comes it couldn't get any better. Have a great Shabbos!! A slip is just that, a slip. Reflect, and come back stronger next week. And get some sleep too, that might help with HALT.

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Re: Zemmy's story

Posted by bardichev - 04 Feb 2011 19:54

Just move along

Don't stop while

Driving In downtown bardstown

It will interfere with the flow of traffic

Truck along

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Re: Zemmy's story

Posted by Eye.nonymous - 05 Feb 2011 17:56

[ZemirosShabbos wrote on 02 Feb 2011 21:34:](#)

i need to read the instructions and follow them, otherwise insurance Hashem won't cover it

Reminds me of one of those "american" jokes my Israeli boy came home from school with.

On Tisha B'Av, some Americans (non-Jewish) were visiting Israel. They were curious to know what was going on, so they asked, "Why is everyone crying?"

They got an answer, "Because the Beis Hamikdash was destroyed."

They seemed unaffected by the news. Then they asked, "Did you have insurance?"

"No."

"Oh no!" Then they started crying, too.

--Eye.

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Feb 2011 05:57

;D

thanks RisingUp and rebbe b

thanks to the One Above i am ok right now

on shabbos when i was davening at the bracha of 'retzeh Hashem elokeinu be'amcha yisrael etc.' the first thing that came to my mind was GYE. the striving and efforts of the people here are so impressive. people going to all ends to shake off the garbage, being honest even when it hurts, going through whatever it takes to live lives of kedusha and truth. how precious and dear that is.

another thought was at the end in 'elokai netzor' we say 'velimkalelai nafshi sidom', we ask that our soul be passive and calm in the face of detractors and curses. i never realized the simple meaning of these words. it does not mean to just stay quiet and not lash out against the person insulting you, though that itself might be virtuous and commendable. it means much more than that.

'nafshi sidom' means that my soul should remain unmoved, unshaken, unaffected by the abuse

it just received. that is a whole different level than just keeping quiet even though we have a real juicy 'answer' ready to fire back. what's requested is to have such fortitude that the attack does not register as an attack at all.

that might explain the opposite as well. we say 'lemaan yezamercha kavod **velo yidom**, Hashem elokai le'olam odeka'. we are asking that the constant chesed and miracles that we receive from Hashem do **not** go unnoticed and do shake us, move us, effect us, that we take notice and thank Hashem for all of it.

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Re: Zemmy's story

Posted by mnman415 - 07 Feb 2011 01:30

beautiful!!

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Re: Zemmy's story

Posted by ur-a-jew - 07 Feb 2011 20:59

[HashemsSoldier wrote on 07 Feb 2011 01:30:](#)

beautiful!!

I agree, although I wouldn't have expected anything less from Zemiros Shabbos on the pshat in "'lemaan yezamercha."

ZS, glad to hear you're back on track.

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Re: Zemmy's story

Posted by mnman415 - 08 Feb 2011 02:51

[ur-a-jew wrote on 07 Feb 2011 20:59:](#)

ZS, glad to hear you're back on track.

me too!

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Re: Zemmy's story

Posted by 1daat - 08 Feb 2011 02:53

Beautiful vort.....of course.

To someone starting out on this journey, I think they might be scratching their heads. *That's* a slip??? I've noticed that now very little things stir the yetz. I think I read somewhere that Dov said he became much more sensitive to these little triggers with time

A year. Such a happy Zemmy. Such a happy G-d.

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Feb 2011 17:21

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Re: Zemmy's story

Posted by Yosef Hatzadik - 09 Feb 2011 17:59

Zamir Shabbos :-\

~~just call me Geoffrey~~

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Re: Zemmy's story

Posted by bardichev - 09 Feb 2011 18:23

Cute

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Feb 2011 18:26

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we say ??? ????? ????? ????? ??? ?????

there is a Geula Klalis for all of klal yisrael which is coming. There is also a geula pratis which every person strives for in his own life. To be free of bondage to his lusts and ego.

The pasuk is saying that both are coming. To Tzion and to the "shavei pesha".

It can be brought further and the word 'shavei' can be explained as those who come back with (like ??? ???), not those who return from. People who have fallen into lust and other troubles do not only 'return', bringing themselves back. Rather they also bring back the 'pesha', the time and experiences they went through by using them as a catalyst for getting to where they need to in life. They return the pesha itself in a way.

This idea can also explain what we say in kaddish: ??????? ?????????? ?????? ??? ??? ??????

One can question why is it so imperative that the geula come during every single yid's lifetime? the important part is that it come, whether it is in my lifetime is of secondary importance.

It can be understood to be referring to the geula pratis of every Jew, we ask that every Jew reach the state of redemption in his life.

There is a story told about Rebbe Mendel Vitebsker zy'a. One day rumors were abounding that Moshiach had arrived. Someone came to the Rebbe and told him of the news. The Rebbe got up, went to the window, stuck his head out and sniffed the air. After a moment the Rebbe said "No, he hasn't arrived"

Chasidim asked why was it necessary to stick his head out the window? They answer because in his room, in his domain, the state of redemption was reached to a certain extent.

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