

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 - 04 Nov 2010 18:21

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 18:35

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vuss hut der rebbe gemaint?

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Re: Zemmy's story

Posted by bardichev - 04 Nov 2010 18:46

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[ZemirosShabbos wrote on 04 Nov 2010 18:35:](#)

vuss hut der rebbe gemaint?

the nitroken is from ????

ender mem (ok kedusha mem sofis )= menucha

vuv=vesimcha

alef=ohr

lamed=layehudim

oyyyyyyyyyyy meneeeeeeechu vesimchuu oy-yir

layi-heeedm

pabab bee ba bumm

bum bum bum

paba bee ba bum

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 18:49

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isn't that what it says?

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Re: Zemmy's story

Posted by bardichev - 04 Nov 2010 18:53

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[ZemirosShabbos wrote on 04 Nov 2010 18:49:](#)

isn't that what it says?

yuh ubber tzee a romainer darf men zuggen tzvai mool

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 19:08

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gotcha, shkoyach!

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Re: Zemmy's story

Posted by bardichev - 04 Nov 2010 19:10

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[ZemirosShabbos wrote on 04 Nov 2010 19:08:](#)

gotcha, shkoyach!

hey zemmy lets not get kedusha upset again

hes coming on the plane with us

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 19:24

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Re: Zemmy's story

Posted by ZemirosShabbos - 05 Nov 2010 15:20

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## **Skid marks**

When there is an accident on the road the police make an investigation. One of the things they check for is skid-marks on the pavement. That would indicate that the driver was trying to stop. If there are no skid marks that indicates that the driver was either unaware of the impending collision or uncaring or inebriated.

Anyone here on GYE who tries and strives is leaving, at the very least, skid marks. Won't save

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Re: Zemmy's story

Posted by ZemirosShabbos - 07 Nov 2010 05:35

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in parshas vayeitzei, after Yosef is born, Yakov says he wants to leave Lavan's house, Rashi comments, achar shenolad **sitno shel esav**, after destroyer of Esav was born, meaning Yosef, now Yakov can leave. as the pasuk says, vehaya bais yakov eish ubais yosef lehava etc. that yosef is the flame of yakov's fire.

so here is an over-the-top GYE remez: **sitno shel esav** is roshei taivos *shin shin ayin*, which

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Nov 2010 17:24

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at work i had to handle some printed material about an exercise course. on the cover was a picture of a woman exercising and it was definitely a trigger, just glancing at it. i needed to process these materials and that would mean handling them for a few minutes. B"H an idea popped into my head to cover it in a way that i was still able to process them correctly. and so it was, and may we all live happily ever after!  
stands for the words *shmor' einayim shelcha*, *guard your eyes*.

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enjoy, and as the rebbe reb bards said, it is 90 days to rosh chodesh adar (alef)

Re: Zemmy's story

Posted by jewinpain - 09 Nov 2010 17:31

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Zammy! That makes all of us extremely happy

We r a happy nation now

KOT

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Re: Zemmy's story

Posted by Kedusha - 09 Nov 2010 17:38

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Mazal Tov! Our actions really make a difference - I have no doubt that, in this Zechus, the RBS"O will give you Siyata d'Shemaya!

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Nov 2010 17:44

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Thank you JIP and Kedusha for your warm words.

whatever preventive action i am able to take is due in large part to you guys here on GYE, so the Siyata Dishmaya rightfully belongs to you as well.

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