

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 ur-a-jew - 31 Mar 2011 20:38

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Zemmy how are you doing?

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Re: Zemmy's story

Posted by ZemirosShabbos - 31 Mar 2011 21:20

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thanks for asking

doing good, baruch hashem

working on thinking and being aware that hashem is in charge of outcomes and i am along for the ride, not in the driver's seat

repeating it and thinking it have helped me deal with situations in a much better manner than previously

thank you for all your help with this issue as well

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Re: Zemmy's story

Posted by Shteeble - 31 Mar 2011 21:45

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[ZemirosShabbos wrote on 31 Mar 2011 21:20:](#)

working on thinking and being aware that hashem is in charge of outcomes and i am along for the ride, not in the driver's seat

repeating it and thinking it have helped me deal with situations in a much better manner than previously

Wow! This is powerful. Come to think of it, we can't even be backseat drivers.

This can really take the fizz out of a potential anxiety causing matziv.

geshmak

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Re: Zemmy's story

Posted by Eye.nonymous - 04 Apr 2011 06:55

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[ZemirosShabbos wrote on 31 Mar 2011 21:20:](#)

working on thinking and being aware that hashem is in charge of outcomes and i am along for

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the ride, not in the driver's seat

repeating it and thinking it have helped me deal with situations in a much better manner than previously

That's great!

--Eye.

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Apr 2011 16:11

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world and Eye,

thanks for checking in

i am not sure why the worksheets seem to ask for resentments and fear while the Step seems to ask for a detailed moral inventory of my entire life. in the book '12 Steps and 12 Traditions' there is a long checklist with detailed questions.

it is painful to face things from the past that were never properly dealt with. and trying to stuff them back into the closet doesn't seem to work too well. but it feels good to face them, as hard and painful as they may be.

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Apr 2011 17:57

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[ZemirosShabbos wrote on 04 Apr 2011 16:11:](#)

in the book '12 Steps and 12 Traditions' there is a long checklist with detailed questions.

just to clarify, this is referring to the OA version of the 12 & 12...

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Re: Zemmy's story

Posted by bardichev - 04 Apr 2011 18:09

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tooooooooooooooooooooooooooooooooooooooot

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Apr 2011 18:16

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ich hub gehert....

music to my ears

????? ??? ????? ?????? ?????

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Re: Zemmy's story

Posted by Shteeble - 04 Apr 2011 19:09

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The ice cream truck is here.

du du du du du du du tu du

du tu du tu

du tu dudu du du du du du tu du

du tu du tu

du tu du

du tu du tu

du tu du tu

du tu du tu

du tu du tu

Yay!

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Re: Zemmy's story

Posted by Eye.nonymous - 05 Apr 2011 20:27

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WOW. Step 4. Good luck.

--Eye.

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Re: Zemmy's story

Posted by 1daat - 05 Apr 2011 23:41

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Hey Zem, When I first did a step 4, I got all worked up about it. I didn't understand what I was even being asked to address. My sponsor suggested some things that helped, but not really

that much. It seems to make more sense now after doing a few.

You bring out the toot in all of us.

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Apr 2011 15:06

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hi 1daat, so nice to hear from you. how are things?

just thought i would take a small break from the sometimes morbid 4th Step and post a little about Kelipos and Hamtaka.

some wisdom i recently was mekabel from Mrs.Zemiros.

here goes:

**Avoid the kelipos! that brings about a hamtaka** (sweetening).

Peirush Hasulam: when eating grapefruits, avoid eating the membranes enclosing the flesh, that way the bitterness is greatly reduced and it actually tastes good. try it. it works.

*(don't forget to buy only shmura 18-minute hand grapefruits for Pesach of course)*

another thing:  
and here's a toot for you too

*this is a shout-out to my esteemed chavrusa of ten years who recently deciphered my screen name*

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Re: Zemmy's story

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Posted by ZemirosShabbos - 14 Apr 2011 18:45

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The past year has been different than most of the years of my life until now. Greater awareness, hope, a shared struggle, a glimpse of some truly precious neshomos who populate GYE, a feeling of belonging to a group of truly good people, an entirely new perspective on relating to the RBSO. With much deep gratitude to Hashem Who has bestowed His kindness on me and has kept and protected me for the past year and drawn me along His path to grow and live in a truer way, part of that being keeping a distance from lust, both online and off.

Please continue to shower me with kindness and protection and guide me and lead me along the path of growth and true living.

I am indebted and humbled by the friendship and kindness of His worthy shelichim,

Guard shlita,

my call leader: Dov in Israel,

my original GYE-friend who wears Brill shoes and drinks banana liquer, you are a true friend and i learn so much from you and i hope to finally find the right park bench where we can shmooze for a week or two...

all my dear and precious friends on GYE, Ovadia, Bardichev, Yosef Hatzadik, Tzadik90, UAJ, MovingUp, HashemSoldier, Blind Beggar, World, An Honest Mouse, Ben Durdaya, yechida, and more. You help me in so many ways and you are each a blessing in your own way.

being clean in practical terms sometimes means only that the options and factors needed for a fall just weren't in place and while it is precious and good, it is not the final solution we seek. What we seek is a change of attitude coupled with a change of habits/behaviors. Inner change takes time, and time takes time... and effort. and perseverance. I pray that I never think i am done / fixed / all-better, rather that i continuously grow and move up, becoming a better person, a true yid and to build a real relationship with Hashem.

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Re: Zemmy's story

Posted by ur-a-jew - 14 Apr 2011 19:24

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[ZemirosShabbos wrote on 14 Apr 2011 18:45:](#)



I pray that I never think i am done / fixed / all-better, rather that i continuously grow and move up, becoming a better person, a true yid and to build a real relationship with Hashem.

Amein. And may the RBSO gives us the strength and ability to be right there growing with you. Thanks for the special ta'am and Zemiros that you bring to GYE.

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