

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 Shteeble - 09 Nov 2010 19:14

wow.

wow.

I don't have any other words. I'm just very wowed. koecadw.

cholenade discount today 1/2 price sale.

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Nov 2010 19:35

mmmmm, cholenade.....

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Re: Zemmy's story

Posted by bardichev - 09 Nov 2010 19:43

Cholenade also very potent

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Re: Zemmy's story

Posted by mnman415 - 10 Nov 2010 02:52

ZS.....youre awesome man.

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Re: Zemmy's story

Posted by 1daat - 10 Nov 2010 04:46

alotta simcha on this thread. this is good for the yiddin. When I was little I'd sit with my Bobbe watching the news. At the end of a segment she'd ask me, "Is this good for the Jews or bad for the Jews?"

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Re: Zemmy's story

Posted by ZemirosShabbos - 10 Nov 2010 15:13

thanks HS and 1daat for stopping by and adding to the simcha!

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Re: Zemmy's story

Posted by briut - 11 Nov 2010 01:13

Zemmy: ya got any more simcha to throw around on the site? I could use a little today; I'm probably not the only one here who could....

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2010 02:03

Hi Briut,

everyone needs a little dose of Simcha every once in a while. me you and everyone.

do something nice for the wife/kids/friends. learn for 20 minutes straight. say some tehillim in a quiet spot. call a good friend. write a nice long post on GYE. do something GOOD and it will start the fire a bit. think about all the good you have.

last but not least, check out my humble offerings on your thread

ZS

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Re: Zemmy's story

Posted by mnman415 - 11 Nov 2010 04:13

[ZemirosShabbos wrote on 11 Nov 2010 02:03:](#)

Hi Briut,

everyone needs a little dose of Simcha every once in a while. me you and everyone.

ZS

a little simcha?? we need a giant dose of simcha.
our entire life has to be beimcha

mitvah gedolah le'hiyos besimcha

so lets put a big (not little) smile on our face no matter how difficult things are for us!

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2010 04:53

[HashemsSoldier wrote on 11 Nov 2010 04:13:](#)

a little simcha?? we need a giant dose of simcha.
our entire life has to be beimcha

mitvah gedolah le'hiyos besimcha

so lets put a big (not little) smile on our face no matter how difficult things are for us!

HS, i'll drink to that one! huge giant doses of simcha for everyone!

trivia: whoever can show the original source of "Mitzvah Gedola Lihiyos Besimcha Tamid" gets
bragging rights and 10 free smileys....

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Re: Zemmy's story

Posted by Yosef Hatzadik - 11 Nov 2010 19:46

[ZemirosShabbos wrote on 11 Nov 2010 02:03:](#)

write a nice long post on GYE.

How long?

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2010 19:49

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2010 20:27

Parshas Vayetzei

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Vechol asher titain li a'ser a'asrenu lach. Asar is 'yid', 10, a'asrenu is another 'yid', 10. Yakov asked the RBS'O, all I want is Asar A'asrenu, to sit together with another 'Yid', Lach, for the purpose of avodas Hashem.

Likutei Imrei Chaim

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Re: Zemmy's story

Posted by bardichev - 11 Nov 2010 20:37

Oyyy the varimkite can melt the Yh away

Oyyy heyluggger shawa-boss

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