

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 - 31 May 2011 16:23

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Re: Zemmy's story

Posted by Shteeble - 31 May 2011 18:18

and yerushalmi kugel....

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Re: Zemmy's story

Posted by ZemirosShabbos - 31 May 2011 18:25

don't forget the orca tea...

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what about cucumber cholent with fish liquer?

Re: Zemmy's story

Posted by Yosef Hatzadik - 31 May 2011 18:35

Fish Liquor

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Jun 2011 18:13

just a thought

i was outside and something was in my field of vision and my peripheral vision told me that this was a lust opportunity. i did not look. boruch hashem. but i thought about how it is a habit for me to avoid the looking. which is great. but at the same time probably most of my day is spent in habitual activity. get up, go to shul, daven, breakfast, etc. other than the fact that i am wearing clothing and not pajamas i could be sleepwalking.

it's great to make good habits. and it is very hard to change bad habits. but habits should not be the locomotive driving the good actions.

need to stop and think. examine. appreciate.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 06 Jun 2011 18:14

do you live in a *habitat*?

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Jun 2011 18:16

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Re: Zemmy's story

yeah but i think the people in charge call it an asylum...

Posted by Yosef Hatzadik - 06 Jun 2011 18:19

yakov Avinu was Sleepwalking when he saw *a sulam*.....

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Jun 2011 18:31

if i remember correctly the Orchos Tzadikim writes that because Yaakov Avinu was meticulous in speaking the truth all his dreams were emes. so while he dreamt of the ladder, in actuality the malachim were climbing up and down the ladder.

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Re: Zemmy's story

Posted by Shteeble - 06 Jun 2011 21:35

Zemmy, dat's gevahhlllllllllllllllllllllddddddiiiiiiiiiiiiiihhhhhhhhhhhhhhhhhhhhhhgg
gggggggggggg!!

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Re: Zemmy's story

Posted by Yosef Hatzadik - 06 Jun 2011 21:47

Have a gevaldiger Yom Tov!!!

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Re: Zemmy's story

Posted by 1daat - 07 Jun 2011 01:37

[ZemirosShabbos wrote on 06 Jun 2011 18:13:](#)

but habits should not be the locomotive driving the good actions.

Maybe it's a habit to you, but that it's a habit might make "HKBH very happy. There's no struggle with the yh. When you see your ingeleh davening, and you know he doesn't understand much, he's just davening, don't you kvel?

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Re: Zemmy's story

Posted by Shteeble - 07 Jun 2011 02:01

Good Point.

Also, what you want to look out for is a state of "forgetfulness."

You don't ever want to forget that the yh is always right behind you waiting for a chance to chop your head off.

In order to truly stay on top, it is necessary to do "real work" on a regular basis to combat the yh.

It is kind of like the fact that the U.S. doesn't ever stop upgrading its military strength, even

though it is already the big world power.

Taking even a short vacation from milchemes hayetzer can give the yh the upper hand.

Don't think he isn't waiting right behind you.

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Re: Zemmy's story

Posted by 1daat - 07 Jun 2011 03:01

Shteeb,

what a great picture. perzactly!

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