

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 ZemirosShabbos - 10 Jun 2011 17:39

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i had a weird experience on yom tov, i found myself looking at bad stuff on the computer, it felt so real. i started thinking about how i just broke my clean streak. (it must be indicative of something, not sure what exactly, that that is the first thing that went through my mind).

and then i woke up.

it was a dream, a very vivid dream

i also had a very vivid dream where i was walking down a street in yerushalayim...

for all i know i might have dreams like that every night and i just don't remember them.

i got a wonderful message on erev yom tov from a GYE-friend which impressed me very much:

"mazal tov to both of us on our upcoming marriage to hashem!!"

that is a beautiful idea

GYE has also given me a new-found appreciation of the second of the Aseres Hadibros, lo yiyeh lecha elohim acherim. i don't know about you but in my past i haven't struggled much with not bowing down to GI Joe or Star Wars figurines, and same can be said for the blue and white idols of little ladies with tichels in peoples front yards'...

but Dov (of the Daily Dose syndicate) has enlightened me to the fact that worshiping real, imaged or imagined bodies is very much the same idea. Making a beauty goddess is exactly that, making a beautiful person a goddess. something that applies to me every day. thank you Dov!

have a great shabbos

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Re: Zemmy's story

Posted by ur-a-jew - 10 Jun 2011 18:42

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[ZemirosShabbos wrote on 10 Jun 2011 17:39:](#)

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I had a very similar dream right before I reached a year. I think it's just a wakeup call lest we thing that we think our work is done.

Glad to hear things are going well.

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Re: Zemmy's story

Posted by 1daat - 14 Jun 2011 22:10

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You had me goin there for a second. It was only a dream. How many "Thank you's" did you make?

KO

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Jun 2011 15:57

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[1daat wrote on 14 Jun 2011 22:10:](#)

How many "Thank you's" did you make?

:-[

not enough

thanks for the reminder

i need that

Thank you Hashem for keeping me out of trouble

thank You for giving me friends to remind me of You

thank You for today

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Jun 2011 16:17

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I feel very fortunate to have a good, kind and astute friend named UAJ. he suggested a book called "10 Minutes a Day to Better Marriage" by Dr. Meir Wikler. It's a great book and i would recommend it to anyone looking to improve their marriage.

just read a good mashal in the book about marriage communication.

Marriage communication is like a bank account. Positive communications, like compliments, appreciation, attention and affection are like deposits. Negative communication, like criticism, complaints and the the like are like withdrawals. You can only withdraw - negative communication - if you make more deposits - positive communication - than withdrawals. Otherwise your spouse will disregard the negative communication and dismiss it entirely without listening and considering it.

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Re: Zemmy's story

Posted by ZemirosShabbos - 20 Jun 2011 04:41

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got a card for Father's Day.

actually a good message if you think about it

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Re: Zemmy's story

Posted by Yosef Hatzadik - 20 Jun 2011 14:12

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Apikorsus!!!!

Real men drive TRUCKS!!!

Keep on Truckingggggggggggg!!!!!!!!!!!!!!!!!!!!!!

GGGEEVVVAAAALLDDDDIIIGGG!!!!!!!!!!!!!!

P.S. Tell **Bardichev** that we miss him A LOT!!!

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Re: Zemmy's story  
Posted by ZemirosShabbos - 20 Jun 2011 14:31

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seems like there are different opinions...

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Re: Zemmy's story  
Posted by ZemirosShabbos - 20 Jun 2011 14:43

[Yosef Hatzadik wrote on 20 Jun 2011 14:12:](#)

P.S. Tell **Bardichev** that we miss him A LOT!!!

1000%

i think we should write up a petition to get him back

or just send Khaleed after him, heh heh

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Jun 2011 18:28

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**message from our beloved rebbe - Bardichev:**

Focus on what u have, not on what u r missing. Probably u have a lot more than u r missing.  
That's called living life!

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Jun 2011 16:20

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another pearl of wisdom from the rebbe:

Trucking = means pulling a heavy load by accelerating and moving forward

If you are busy with what was, you are not trucking

Truck along, everything else is a waste of time

KOT!!!

DRNK WDFD

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Re: Zemmy's story

Posted by ur-a-jew - 22 Jun 2011 16:38

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Tell the Rebba what he's doing is called back seat driving. Driving a truck is like riding a bike.  
Once you know how to do it. You don't forget.

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Jun 2011 17:06

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i'll take the rebbe in my back seat any day...

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Re: Zemmy's story

Posted by Yosef Hatzadik - 22 Jun 2011 20:30

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Please make a *shaalas cholom* and ask the Rebbe what changed since he wrote this post:



[bardichev wrote on 04 Jun 2009 23:34:](#)

sometimes I feel i hang out here too much

why did i never ask myself this question when iwas feeding my TAAVAS??? hmmm

ELLA MAI ? (MIT DE GRUBBER FINGER) VER FREGT DI KASHYA VER ? DE YETZER  
HARA ALAYN!!!

mit anivis in freilichkite

bardichev

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