

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 mnman415 - 12 Jul 2011 20:30

ya

just like the guitar and the violin are both in the string family

so the electric triangle and the bermuda triangle are in the triangle family.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 12 Jul 2011 20:55

Is the Great Triangle Fire also related?

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Re: Zemmy's story

Posted by mnman415 - 12 Jul 2011 21:17

[Yosef Hatzadik wrote on 12 Jul 2011 20:55:](#)

Is the Great Triangle Fire also related?

ummmmm....

sure! why not

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Re: Zemmy's story

Posted by ben durdayah - 12 Jul 2011 21:34

[Yosef Hatzadik wrote on 12 Jul 2011 20:55:](#)

Is the Great Triangle Fire also related?

Chalilah VeChas!

[HashemsSoldier wrote on 12 Jul 2011 21:17:](#)

ummmmm....

sure! why not

Because we don't exploit female garment workers by locking them up in firetrap sweatshops.

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Re: Zemmy's story

Posted by mnman415 - 12 Jul 2011 21:36

[ben durdayah wrote on 12 Jul 2011 21:34:](#)

[Yosef Hatzadik wrote on 12 Jul 2011 20:55:](#)

Is the Great Triangle Fire also related?

Chalilah VeChas!

[HashemsSoldier wrote on 12 Jul 2011 21:17:](#)

ummmmm....

sure! why not

Because we don't exploit female garment workers by locking them up in firetrap sweatshops.

well first off, i shoulda said this 1st.

does anyone want to fill me in on what the great triangle fire is?

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Re: Zemmy's story

Posted by ur-a-jew - 12 Jul 2011 21:43

[HashemsSoldier wrote on 12 Jul 2011 20:30:](#)

so the electric triangle and the bermuda triangle are in the triangle family.

[Yosef Hatzadik wrote on 12 Jul 2011 20:55:](#)

Is the Great Triangle Fire also related?

What did the triangle say to the circle? Your life is so pointless.

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Re: Zemmy's story

Posted by Shteeble - 13 Jul 2011 02:13

What about ghost towns?

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Re: Zemmy's story

Posted by ZemirosShabbos - 13 Jul 2011 15:27

[On The Road wrote on 13 Jul 2011 03:50:](#)

This is fun but Can some1 remind me wut all this had to do with recovery?

this is a different method of recovery, it's called Transfer-Recovery. Basically you transfer all the wackiness into deep philopopsical discussions about electric trees with kazoo-playing birds being levitated on Lithuanian hovercraft lift-ducts.

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Re: Zemmy's story

Posted by ZemirosShabbos - 13 Jul 2011 15:28

here is a saying for today

Accomplishing the impossible means only the boss will add it to your regular duties.

(Doug Larson)

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Re: Zemmy's story

Posted by Yosef Hatzadik - 13 Jul 2011 15:47

[On The Road wrote on 13 Jul 2011 03:50:](#)

This is fun

ZemirosShabbos = fun!!!

[On The Road wrote on 13 Jul 2011 03:50:](#)

Can some1 remind me wut all this had to do with recovery?

ZemirosShabbos = Recovery. So, if it is in his thread, it **MUST** be part of the essence of Recovery.

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Re: Zemmy's story

Posted by ZemirosShabbos - 13 Jul 2011 16:17

thank you Yosef for the warm sentiments

here is a more serious quote, for someone who calls himself Mr.Serious and requested one

“Remember that happiness is a way of travel - not a destination.”

by: Roy M. Goodman

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Re: Zemmy's story

Posted by ur-a-jew - 13 Jul 2011 16:37

[ZemirosShabbos wrote on 13 Jul 2011 16:17:](#)

“Remember that happiness and a metrocard will get you on the subway. But if you do succeed in getting on with happiness alone you can forget about your boss paying for transportation anymore.”

by: MTA

Isn't this what you really meant to say?

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Re: Zemmy's story

Posted by ZemirosShabbos - 13 Jul 2011 16:41

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UAJ, i think you need to hang out with Mr.Serious a little more

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Re: Zemmy's story

Posted by ZemirosShabbos - 14 Jul 2011 20:17

saying for today

The real voyage of discovery consists of not in seeking new landscapes but in having new eyes. (Marcel Proust)

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