

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 Yosef Hatzadik - 11 Nov 2010 20:48

Chasidim say:

Put one yud next to another yud & you have Hashem's name!

Yid + Yid = Hashem

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Re: Zemmy's story

Posted by briut - 11 Nov 2010 20:54

[ZemirosShabbos wrote on 11 Nov 2010 19:49:](#)

long enough that you need to scroll down twice to read the whole thing

Thanks. I always wondered what the definition of 'long enough' was.

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2010 20:57

well, you heard it here first!

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Re: Zemmy's story

Posted by an honest mouse - 11 Nov 2010 22:22

wow, i cant believe i never spotted your thread! looking foward to following it!

im humbled and honoured that you mentioned me in your inaugural post here and i too share your view of shabbos and zemiros in particular, a beautiful idea for a name!

I think the fact that a lot of us feel more whole and able to live without drug on shabbos shows what void we're really trying to fill - we just want kedusha vetaharo, instead we go fill it with fake pleasure. Perhaps we should learn from shabbos what we're really missing! and your name carries that very message! (at least to me) kutgw!

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2010 22:50

thanks AHM for stopping by!

i really did and do learn from you and it's great that we share similar sentiments about shabbos and zemiros.

did i tell you that to follow this thread you have to audition by singing 3 zemiros of your choice

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solo and in duet?

Re: Zemmy's story

Posted by Shteeble - 11 Nov 2010 22:52

and remember: don't feed the ducks

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Nov 2010 22:57

now i definitely need the glossary....

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Nov 2010 06:01

reb world, thank you very much!

sgofb

that was a nice touch, i think it's up there with cholenade, zoiks and koecadw, truly a scion of a distinguished lineage

and yes, sgofb

smile gemach open for business

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Nov 2010 06:14

[1daat wrote on 12 Nov 2010 03:33:](#)

Zemmy, thanks. You're keeping an eye on me is very very reassuring. Your posts are always full of wisdom. (though your thread has turned into total fun. bunch of clowns out there).

FYI, i will be out on clown patrol, and if you have children of marriageable age stay away from here, the mechutanim might be watching....

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Re: Zemmy's story

Posted by 1daat - 12 Nov 2010 06:44

Good Shabbos. You help me every day. You remind me on the other side is simcha. Thanks

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Nov 2010 16:49

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Re: Zemmy's story

Posted by mnman415 - 12 Nov 2010 19:20

have a good shabbas ZS ill be thinking of you!

~~have a rollicking Good Shabbos, 1daat!~~

Re: Zemmy's story

Posted by 1daat - 12 Nov 2010 20:40

Boey chala. A gooten Shabbos Zemmy

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Re: Zemmy's story

Posted by frumfiend - 12 Nov 2010 21:17

git shabbos

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