

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 ur-a-jew - 27 Jul 2011 19:36

[ZemirosShabbos wrote on 26 Jul 2011 17:05:](#)

saying for today:

Chasing a butterfly gives a greater high then squishing a caterpillar. (little kid in the park)

Isn't this what you really meant to say?

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Re: Zemmy's story

Posted by ZemirosShabbos - 27 Jul 2011 19:48

UAJ, you are from the foremost chachamim of the GYE forum, if only for providing that insight

chasing butterflies is

good exercise

easier on the ecosystem

releases tension

entertains your neighbors

squishing worms

reduces the worm population

leaves a mess on your foot

and last but not least you can't use the worm for fishing cause fish like their ~~potatoes~~ worms whole, not mashed

thank you

here is a saying for today:

"Wisdom is the quality that keeps you from getting into situations where you need it." (Doug Larson)

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Re: Zemmy's story

Posted by ZemirosShabbos - 27 Jul 2011 21:26

Spirituality and Spiritual Emptiness

Although almost every human disease can be found among animals, there is little evidence that animals in their normal habitat develop addictive diseases. Some animals whose brains have been treated with certain chemicals may eat or drink excessively, but this does not occur in animals in their normal environments. indulgence in excesses appears to be a uniquely human phenomenon. Why?

In contrast to animals, which have only physical urges and desire, human beings crave spiritual fulfillment as well. When this spiritual need goes unmet, humans feel vague unrest. While hunger, thirst or the sex drive are easily identified, spiritual craving is harder to recognize and fulfill. People may feel that something is missing, but not know what that something is.

It should not come as a surprise that spirituality, too, is subject to addictive distortion.

Addictive Thinking, by Rabbi A. J. Twerski

(hat tip to _____ for lending me the book)

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Re: Zemmy's story

Posted by ben durdayah - 28 Jul 2011 21:31

Thanks for sharing that Zemmy!

Wonderful as usual.

And how is our favorite Giraffe on This Thrilling Thursday?

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Re: Zemmy's story

Posted by ZemirosShabbos - 28 Jul 2011 21:41

hi EBD,

thanks for your kind words

and btw, that book is very good, a lot of the wisdom on this forum is written and explained there

Thrilling Thursday is great because it's right before Favorite Friday

and i am doing well b'h, thanks for asking

here is a saying for today

“The bird of paradise alights only upon the hand that does not grasp.”

by: John Berry

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Re: Zemmy's story

Posted by ZemirosShabbos - 01 Aug 2011 18:07

thank you

here is one for today:

I would like to paint the way a bird sings. (Claude Monet)

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Re: Zemmy's story

Posted by Eye.nonymous - 01 Aug 2011 18:09

[ZemirosShabbos wrote on 01 Aug 2011 18:07:](#)

I would like to paint the way a bird sings. (Claude Monet)

And some people sing the way a bird paints. (Elyah)

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Re: Zemmy's story

Posted by ZemirosShabbos - 01 Aug 2011 18:10

here's another birdy-quote

Hope is the thing with feathers that perches on your soul. (Emily Dickinson)

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Re: Zemmy's story

Posted by Eye.nonymous - 01 Aug 2011 18:13

[ZemirosShabbos wrote on 01 Aug 2011 18:10:](#)

I'm working on it. It's part of recovery, letting G-d be the guiding light in our lives.

--Elyah

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wow, Elyah, you're quick

Re: Zemmy's story

Posted by ZemirosShabbos - 02 Aug 2011 14:46

[On The Road wrote on 01 Aug 2011 23:23:](#)

Hope is hoping a bird doesn't 'sing' on your shoulder while waiting under a **tree**.

you mean this tree?

[On The Road wrote on 12 Jul 2011 12:37:](#)

Keep a **green tree** in your heart so a flying singing giraffe wth reb barditchev stting on its wings will come by, and all the neighbors will call 911 with a UFO sighting.....

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Re: Zemmy's story

Posted by ZemirosShabbos - 02 Aug 2011 14:50

s saying for today

Signs from the soul come silently, as silently as the sun enters the darkened world.

(Tibetan Saying)

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Re: Zemmy's story

Posted by bardichev - 02 Aug 2011 14:51

tibetan sayings??

zemmy tou are reading too much readers digest

or consuming too much celestial seasoning tea

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Re: Zemmy's story

Posted by ZemirosShabbos - 02 Aug 2011 14:59

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Re: Zemmy's story

Posted by YMG - 02 Aug 2011 15:00

Thanks for popping in!

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It's nice to have you around.