

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 Back on Track - 08 Aug 2011 02:31

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Story time? I love story time. Lemme get my blankey, and rest on this here floor mat. Extend my thumb- insert in mouth, sigh.... Ok- hit it zem!

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Re: Zemmy's story

Posted by Shteeble - 08 Aug 2011 11:07

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Can you read Boruch Learns His Brachos?

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Re: Zemmy's story

Posted by Back on Track - 08 Aug 2011 12:30

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Yeah! I love that one! Story story we wanna story!

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Re: Zemmy's story

Posted by ZemirosShabbos - 08 Aug 2011 16:07

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my my

stories or quotes?

Every normal man must be tempted at times to spit on his hands, hoist the black flag, and begin slitting throats.

(H. L. Mencken)

- to balance that one -

Flowers grow out of dark moments.  
ok, we can do both

(Corita Kent)

and now for the story.

yesterday was a rather stressful day and i found myself in the old thought pattern of looking for some 'pleasure'. not thinking in terms of forbidden pleasure, just pleasure in general. i was hard pressed to come up with a satisfying and permissible 'escape'. at some point i thought of buying a pack of cigarettes. but i am no good at smoking. i get a headache halfway through the cigarette. and i stink afterward. so i figured i will smoke without the cigarette. i imagined myself inhaling from the cig calming and relaxing 'stuff', and exhaling worries and anxieties. i think it worked a bit and it definitely was better than getting all stinked up and blackening my lungs.

i suspect that the next few days will have more stressful situations so i hope my good friends here on GYE to be 'on-call' with fire-extinguishers filled with Woodford.

otherwise i am glad to be alive, sober and part of the wonderful world of GYE.

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Re: Zemmy's story

Posted by ur-a-jew - 08 Aug 2011 18:21

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[ZemirosShabbos wrote on 08 Aug 2011 16:07:](#)

Every normal man must be tempted at times to spit on his hands, hoist the black flag, and begin slitting throats.

(H. L. Mencken)

Said differently: When you are holding a chainsaw everybody looks like a tree.

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Re: Zemmy's story

Posted by ZemirosShabbos - 08 Aug 2011 18:33

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who said anything about trees?

but once you mention it

keep a green tree in your heart...

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Re: Zemmy's story

Posted by ur-a-jew - 08 Aug 2011 18:37

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[ZemirosShabbos wrote on 08 Aug 2011 18:33:](#)

but once you mention it

keep a green tree in your heart...

And then chances are you'll want some milk to go along with that ...

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Re: Zemmy's story

Posted by Back on Track - 08 Aug 2011 18:51

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[ZemirosShabbos wrote on 08 Aug 2011 18:33:](#)

but once you mention it

keep a green tree in your heart...

yeah and make sure to stay the heck away from anyone with a chainsaw while you got it there.

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Re: Zemmy's story

Posted by ZemirosShabbos - 08 Aug 2011 19:03

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[Back on Track wrote on 08 Aug 2011 18:51:](#)

[ZemirosShabbos wrote on 08 Aug 2011 18:33:](#)

but once you mention it

keep a green tree in your heart...

yeah and make sure to stay the heck away from anyone with a chainsaw while you got it there.

good point!

God has cared for these trees, saved them from drought, disease, avalanches, and a thousand tempests and floods. But he cannot save them from fools.

-- John Muir

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Re: Zemmy's story

Posted by Shteeble - 08 Aug 2011 22:15

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How do you get the woodford in the fire extinguisher?

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Re: Zemmy's story

Posted by Back on Track - 08 Aug 2011 22:26

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You know I was silently wondering the same thing, but I was too embarassed to ask.

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Re: Zemmy's story

Posted by Shteeble - 08 Aug 2011 23:16

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yeah.

once you post about eight or nine hundred silly posts it gets easier.

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Re: Zemmy's story

Posted by Back on Track - 08 Aug 2011 23:58

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Is that the secret of sobriety?

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Re: Zemmy's story

Posted by Shteeble - 09 Aug 2011 00:36

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uh....

not sure...

but I think you need more than just silly posts for that...

hmmmmmm...

