

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 Gevura Shebyesod - 22 Aug 2011 21:50

Is that the name of our new band?

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Aug 2011 21:56

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Re: Zemmy's story

Posted by Gevura Shebyesod - 22 Aug 2011 21:58

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Aug 2011 20:55

was riding my bike yesterday. seems like it has some type of issue, where if i pedal hard it misses a gear or two, but if i pedal slowly it works fine. so when i go uphill if i get all gestaltzimfleegeed about it and pedal like a madman it actually slows things down...

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Re: Zemmy's story

Posted by ur-a-jew - 23 Aug 2011 21:40

[ZemirosShabbos wrote on 23 Aug 2011 20:55:](#)

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More bicycle lessons

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Re: Zemmy's story

Posted by gibbor120 - 23 Aug 2011 23:34

[ZemirosShabbos wrote on 23 Aug 2011 20:55:](#)

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I'm sure there is some sort of deep lesson here.

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Re: Zemmy's story

Posted by ur-a-jew - 23 Aug 2011 23:43

[gibbor120 wrote on 23 Aug 2011 23:34:](#)

[ZemirosShabbos wrote on 23 Aug 2011 20:55:](#)

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I'm sure there is some sort of deep lesson here.

Yes. Very deep: You get what you pay for. Especially when they are on sale at Wal-Mart.

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Re: Zemmy's story

Posted by ur-a-jew - 24 Aug 2011 00:40

[gibbor120 wrote on 23 Aug 2011 23:34:](#)

[ZemirosShabbos wrote on 23 Aug 2011 20:55:](#)

was riding my bike yesterday. seems like it has some type of issue, where if i pedal hard it misses a gear or two, but if i pedal slowly it works fine. so when i go uphill if i get all gestaltzinfleeged about it and pedal like a madman it actually slows things down...

I'm sure there is some sort of deep lesson here.

On a simple level however the lesson is that at times we expend effort thinking that its our efforts that allow us to accomplish when in fact not only are efforts not bringing us closer to our goal they are actually frustrating our reaching that goal.

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Re: Zemmy's story

Posted by Back on Track - 24 Aug 2011 01:10

Ditto.

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Re: Zemmy's story

Posted by gibbor120 - 24 Aug 2011 05:07

[Back on Track wrote on 24 Aug 2011 01:10:](#)

Why cant i upload an avatar? I want a monstuh' truck on my profile....

You must be pedaling too hard. You need to admit powerlessness and give over your desire to

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Re: Zemmy's story

Posted by Back on Track - 24 Aug 2011 11:18

Ur soooo right. No more pedalin' just say no.

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have an avatar to Hashem
Re: Zemmy's story

Posted by ZemirosShabbos - 24 Aug 2011 14:26

my much-maligned bike is a 2007 Mongoose bought for \$120 from Amazon, so it has a fine pedigree, thank you.

and thank you UAJ for so eloquently expounding upon the bike-mussar

another point that was brought home to me yesterday on the bike was that to me the most enjoyable part of riding is downhill, where it takes no effort to move along and the wind rushes by. The only responsibility i have then is to make sure to slow down or stop in time for obstacles. But no real gain is made health-wise, any more than riding a roller-coaster. Pedaling uphill or on level ground where you expend effort, is where the health benefits are. so too in life.

and today's saying is:

"Well," said Pooh, "what I like best," and then he had to stop and think. Because although Eating Honey was a very good thing to do,

there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called.

~A.A. Milne

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Re: Zemmy's story

Posted by Gevura Shebyesod - 24 Aug 2011 15:02

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Re: Zemmy's story

Posted by ur-a-jew - 24 Aug 2011 15:22

[ZemirosShabbos wrote on 24 Aug 2011 14:26:](#)

my much-maligned bike is a 2007 Mongoose bought for \$120 from Amazon, so it has a fine pedigree, thank you.

It's that moment what you have your honey and you're eating it too

Thank you for reinforcing yesterday's lesson that you get what you pay for.

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