

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 - 22 Sep 2011 15:11

[ZemirosShabbos wrote on 22 Sep 2011 15:06:](#)

that dose of daily mussar was kindly provided by **Tzadik90/SWAT**, may his light shine

i just needed to get permission from his editorial board to publish it.

You could have just asked me, I would have taken out my google sky maps looked through the himmels and at your partzuf and I could have told you he doesn't mind if you say who its from. Maybe next time.

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Sep 2011 15:19

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i think i better keep my EZ-pass foil bag over my forehead

Re: Zenny's story
Posted by ZemirosShabbos - 22 Sep 2011 15:22

Tale of a luke-warm or semi-cold breakfast

In an effort to work on this:

www.guardyoureyes.org/forum/index.php?topic=3218.msg119803#msg119803.

and to eat a good breakfast, i told the wife i'll meet her in for breakfast. i'll go first and order and by the time she gets there the food will be waiting and we can chow down.

so i go and order and sit down.

9:30, waiting.

where's wife? i text her: vere u r?

she says: home.

me: hakol beseder?

she: yes.

a minute later: she texts: vere r u?.

i say i thought we were meeting in .

she calls. she thought i was gonna bring it home....

now it's 9:50 already. she gets ready and comes over.

food was a little coolish.

but in the end a good time was had by all.

ps. little is clearly a guy who guards his eyes, he kept them closed and snored the whole while in

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Re: Zemmy's story

Posted by ur-a-jew - 22 Sep 2011 15:22

[ZemirosShabbos wrote on 22 Sep 2011 15:19:](#)

Kind of small, I would better use the golden flower pot.

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Re: Zemmy's story

Posted by heuni memass - 22 Sep 2011 15:27

I was looking for a signal buster next time I go to meet a mekubal. EZ-pass foil bag on my forehead is not a bad idea.

[ZemirosShabbos wrote on 22 Sep 2011 15:22:](#)

i think i better keep my EZ-pass foil bag over my forehead

but in the end a good time was had by all.

Keep the good going.

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Re: Zemmy's story

Posted by bardichev - 22 Sep 2011 19:25

zemmy my ez pass cover is real small

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Sep 2011 19:26

then you need a GFP (golden flower pot)

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Re: Zemmy's story

Posted by Shteeble - 23 Sep 2011 14:13

chazareh

[ZemirosShabbos wrote on 07 Apr 2011 16:04:](#)

hi reb world,

here is my two cents.

nothing breeds success like success.

maybe take a small project or task and make a point of doing it every day. like one mishnah, 15 minutes learning, working straight for 30 minutes, calling someone who could use it, posting something good or anything that is not too hard but still a bit of a challenge. work on it for a while and then up the ante, building on your prior success.

and remember as well, the tried and true: tefila, tefila, tefila.

all the best!

zs

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Re: Zemmy's story

Posted by Back on Track - 25 Sep 2011 17:20

Zemmy wantd 2 wish u a gut gebetshed yahr. Mit lots of truckin n cholent and sobriety. Lshana toiva tikasev vsechaseim lalter woodford lchaim ulshalom.

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Re: Zemmy's story

Posted by bardichev - 25 Sep 2011 18:47

zemmy i always had in mind to make my 5000th post on your thread

bardichev

Global Moderator

Hero Member

Posts: 4999

FSKOT! (Fell Shmell--Keep on Trucking)

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Re: Zemmy's story

Posted by ur-a-jew - 25 Sep 2011 20:14

[bardichev wrote on 25 Sep 2011 18:47:](#)

zemmy i always had in mind to make my 5000th post on your thread

And then what happened?

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Re: Zemmy's story

Posted by ZemirosShabbos - 25 Sep 2011 20:31

what a singular honor!

B5K

rebbe b, u iz d velly velly best and we are all fortunate to have you around here!

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Re: Zemmy's story

Posted by bardichev - 25 Sep 2011 20:51

humble and happy

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Re: Zemmy's story

Posted by obormottel - 25 Sep 2011 22:02

A gut, gebenchte yohr!

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