

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 gibbor120 - 11 Oct 2011 14:00

took the words right out of my mouth 8)

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Oct 2011 14:32

thanks for stopping by AHM, you are always welcome here, quiet or not.

a gut yohr to you and yours and here's to a zman simchaseinu full of simcha and nachas

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Re: Zemmy's story

Posted by an honest mouse - 11 Oct 2011 16:22

omein!!

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Re: Zemmy's story

Posted by Back on Track - 11 Oct 2011 23:21

Gibor did you mean "took the words right outta my MOUSE" Thank you thank you everyone
*bow. Now accepting rotten tomatoes as projectiles. Aim righ for my stomach :p

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Re: Zemmy's story

Posted by Back on Track - 17 Oct 2011 04:21

Zemmy don't get too sloshed on loquat liquor at the simchas bards hashoeiva in kehilas ohavei
KY.

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Re: Zemmy's story

Posted by Eye.nonymous - 17 Oct 2011 19:54

Hello.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 17 Oct 2011 20:28

Ah gutten Moed!

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Re: Zemmy's story

Posted by ZemirosShabbos - 24 Oct 2011 14:55

a git vinter and a happy and healthy today to everyone

thank you BOT, Eye and Yosef for stopping by. somehow i did not post on GYE for many moons and i survived. not quite 90 days but it's a start. one day i will need to address my GYE-posting addiction. maybe when i start my post-yom-tov diet, and clean out the attic, and match all the CD cases to the respective cd's and fix the shlock. but by then it might be pesach already...

a thought occurred to me on Simchas Torah which may be worth sharing. We finish the Torah and immediately start reading it again from the beginning, showing that we did not even begin to master it and we start from the beginning like a newcomer. Yet at the same time we read the haftora from Sefer Yehoshua, which seems to signal that there is some element of completion and progression. We move from chumash to nach. Ultimately both ideas are important. We need to value our past experiences and achievements, while at the same time being aware of the fact that we are always beginners in as much as we never reach perfection.

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Re: Zemmy's story

Posted by ZemirosShabbos - 26 Oct 2011 17:20

lately the realization that my wife is not appreciated enough is dawning upon me. appreciated by her husband, that is.

circumstances have made it that she is working very hard at something which i don't think she should be doing to the extent she is doing it.

she knows how i feel and does not expect me to go to the same lengths she goes to. she knows that the whole affair is being done in a way i dislike. yet she goes about her business moving and shaking things to get what she needs (wants) done.

and she juggles all the household stuff: kids (incl. new infant) laundry food carpool soccer practice etc).

and she has kind words to say to me and the kids.

while the husband was a grouch about things at times.

and recently a GYE-friend told me how his wife is under-appreciated. and i responded that IMHO most wives are under-appreciated. and after a day or so i realized that i am no different. duhhhh

reminds me of a vort i once thought of years ago (*i think under Pres. Reagan or Bush I*).

we say ??? ?????

kanaf can mean wing or edge. what we are asking for is that we always be 'on the edge'. meaning the experience and appreciation of yiddishkeit should be fresh to us like someone who just came upon it. like the first time you put on tefilin, the first time you experience kabalas . by nature we get used to what we have and don't appreciate it. like our family, our wife, our house, our job, our health, our nose, our car starting in the morning when we need it to, the sun, the beautiful fall leaves etc.

and now please excuse me, i need to go write the wife a note to thank her, before UAJ gets

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Re: Zemmy's story

Posted by gibbor120 - 26 Oct 2011 17:38

[ZemirosShabbos wrote on 26 Oct 2011 17:20:](#)

what we are asking for is that we always be 'on the edge'.

shabbos, the first time you come to GYE

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you mean ontheedgeman?

Re: Zemmy's story
Posted by ur-a-jew - 26 Oct 2011 17:58

[ZemirosShabbos wrote on 26 Oct 2011 17:20:](#)

and now please excuse me, i need to go write the wife a note to thank her, before UAJ gets

As I'm reading it, I'm thinking to myself, there is a very easy solution to all of this . . . a nice note

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Re: Zemmy's story
Posted by JackAbbey - 26 Oct 2011 18:49

why not try the "act as if" tactic?

~~here~~ as if you really appreciate everything she does, until you will mean it

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Re: Zemmy's story
Posted by obormottel - 26 Oct 2011 21:53

[Shmeichel wrote on 26 Oct 2011 18:49:](#)

why not try the "act as if" tactic?

act as if you really appreciate everything she does, until you will mean it

oh, I thought you meant "act as if you already gave her the jewelry"....that's what I usually do come yomtov.

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Re: Zemmy's story

Posted by ZemirosShabbos - 27 Oct 2011 19:51

[Shmeichel wrote on 26 Oct 2011 18:49:](#)

why not try the "act as if" tactic?

act as if you really appreciate everything she does, until you will mean it

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very good idea

thank you for that

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