

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 ZemirosShabbos - 03 Nov 2011 17:32

actually maybe it was

[bardichev wrote on 21 Sep 2011 20:06:](#)

auntie erma

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Re: Zemmy's story

Posted by Gevura Shebyesod - 03 Nov 2011 20:43

What happened to Auntie Erma? Ant eater cholint?

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Re: Zemmy's story

Posted by obormottel - 04 Nov 2011 07:00

[ZemirosShabbos wrote on 03 Nov 2011 17:01:](#)

Mottel, please share

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Sorry, been busy making sandwiches for everybody. Zemmy, your wrap is in the fridge. For an appropriate brocho (in my opinion) see my Vertel here

<http://www.guardyoureyes.org/forum/index.php?topic=4659.msg124254#msg124254>

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Re: Zemmy's story

Posted by JackAbbey - 04 Nov 2011 14:02

have you ever heard the song anti evrayu, for chad gadue at the seder night?

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2011 14:58

Shmeichel, i don't understand what song you are referring to

gevura, it took me about 12 hours but i think i just chapped the joke. and yes, maybe an ant did

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Re: Zemmy's story

Posted by gibbor120 - 04 Nov 2011 16:22

Hi ZS, I'm slower than you (turtle emoticon). Nice to "see" you today.

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Re: Zemmy's story

Posted by ZemirosShabbos - 07 Nov 2011 22:16

tonite is time to be a MAN: monday appreciation night

at least in Zemmsville

, go for a walk, give a
sincere compliment, wash the floor, or the dishes, buy a nice sushi roll or any other nice thing
you can do for your wife

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Re: Zemmy's story

Posted by gibbor120 - 07 Nov 2011 22:23

You have a lucky wife!

You remind me of something I heard on a tape once (don't want to say who I heard it from in case I mess it up. I heard it a long time ago). This rosh yeshiva said that when he came home from yeshiva as a bachur, his mother would prepare a nice meal. His mother wanted him to enjoy his meal. The purpose of getting pleasure out of the meal was for the sake of his mother. That's how we need to approach gashmiyus in olam hazeh. Hashem wants us to enjoy. We should enjoy it because it makes "Him" happy kavayachol. Not for our own selfish pleasure.

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Re: Zemmy's story

Posted by Back on Track - 08 Nov 2011 14:03

Zemmy, that is an awesome acronym and idea! Please share that with rabbeinu Guard. Maybe on the daily newsletter there can be a MAN section once each week, with a story of some guys MAN-ly success or insight. this could promote so much recovery and shalom bayis! Nice!

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Re: Zemmy's story

Posted by ZemirosShabbos - 08 Nov 2011 15:54

it was a great thing for me last night. some stressful stuff on the home front. the post-it note was a davar be'ito

boruch hatatty

add this to the GYE list

keep on trucking ("?" monstuh trucking)

say lishuascha kivisi

eat cholint (in Mottel's kitchen)

quote Dov

and be a MAN

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Re: Zemmy's story

Posted by Gevura Shebyesod - 08 Nov 2011 16:05

MANstuh Trucking!

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Re: Zemmy's story

Posted by ZemirosShabbos - 08 Nov 2011 16:18

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Re: Zemmy's story

Posted by Back on Track - 09 Nov 2011 14:51

Niceeeee one!

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good one!

Re: Zemmy's story

Posted by ZemirosShabbos - 10 Nov 2011 21:37

if i'm full of lust i should not be surprised, right?

if i thought that i was all fixed up that's a mistake. the big bad boychik known as lust is still in the neighborhood.

and this from Alex struck a chord

[alexeliezer wrote on 10 Nov 2011 18:01:](#)

giving up lust is a huge step further than just trying to quit the shmutz.

so i can't afford to lust, in any of it's manifestations. including in a marriage. should not be news to me but it is news to my heart.

happily i have friends i can reach out to. and i can post about it.

and i can try to shake him off in the cholint thread. or in the cholent department in Mottel's kitchen.

was feeling like throwing a pity party this morning. but i got busy. these parties need time and planning. the right color streamers, balloooooooooons and anteater-possum casserole. and now i'm not sure if i should feel worse about planning the party or to just carry on with the regular old pity. hmmm

in another unrelated cerebral substation.

topic du jour is how emunah and lust issues are first cousins and go places together.

this is a quote from Dr. Sorotzkin in his superb article quoted here

www.guardyoureyes.org/forum/index.php?topic=615.msg51879#msg51879

A frum person who is acting out sexually (or in any other serious manner) will experience intense guilt and profound shame. He will see himself as worthless and deserving of severe punishment, especially if his parents responded to his childhood misbehaviors with intense criticism and/or rejection. This will drive him to intensify his efforts at controlling his behavior. Unfortunately, these efforts will most often turn out to be ineffective since the effort involves suppression due to terror as opposed to change resulting from growth. 16 The failure to change intensifies the self-loathing and terror of retribution. At some point the person will develop a strong resentment toward Hashem/Yiddishkeit for putting him into this untenable situation and so he becomes alienated from Yiddishkeit. Or as one young man put it: "It's not that you don't believe in G-D, it's just that you don't want anything to do with Him. Just like I don't want anything to do with my [abusive] father even though I believe he exists!"

This hit home for me. it's not that i don't believe in the RBSO. it's more an issue of feeling uncomfortable in His presence, because of the feeling of inadequacy and disloyalty engendered by my lack of conforming actions.

There is a paradox inherent in Yiddishkeit, seemingly. The RBSO is not a 'vatran' and the whole point of torah and mitzvos is s'char ve'onesh, that we earn our keep. but at the same time there is an unbreakable bond and an immense love between the RBSO and us lucky ones - Klal Yisrael. so He loves even the most wayward ones. While at the same time He will bring you to accounting for every last mayim acharonim missed.

Rabbi Aryeh Kaplan said that every question in Yiddishkeit that cannot be answered is rooted in the yedia/bechira dichotomy. This one is one of them. in my bumbling opinion.

anyway folks, that's it for now. gotta run to mincha

cheers

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