

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 - 21 Nov 2011 19:14

two thoughts buzzing around my mind lately.

one is that the RBSO does not need my help. even if i worry about the economy, middle east peace, occupy wall street, world population, chinese military prowess, iranian dinner jackets and other sundry problems it won't help Him much. so i should quit whitewashing my scalp by worrying. right?

two is about what we say in davening many times how the RBSO is 'avinu av harachaman', our loving merciful Father. the other day i was davening and had a mental misfire. i was trying to imagine a loving father and i couldn't come up with the right picture. which led me to question how i was supposed to relate to the RBSO as a father-son if i cannot find the correct mashal and example in my life. then it occurred to me that just as we say ????? ?? ????? ?? ????? ??? ????? ?? ?????, sometimes the process starts with the kids and sometimes with the parents. maybe i need to start with my kids. and be a father to them such that they - and i - can use the image to conjure up the meaning of davening when needed.

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Re: Zemmy's story

Posted by gibbor120 - 21 Nov 2011 19:22

Nice thoughts ZS.

If you are a rabbi tatz fan, there is a great one about the eisav vs yishmael personality (we all have a dominant side). It relates to the first thing you said, worrying about world news. I also have thought for a while, you might like it, if you like personality type stuff. It explains a lot.

I have another comment on the davening front. Maybe I'll post a bit later.

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Nov 2011 22:51

sounds great gibbor, any idea where i can get that shiur from R' Tatz?

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Re: Zemmy's story

Posted by gibbor120 - 22 Nov 2011 18:21

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Nov 2011 20:28

Adlai Stevenson?

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Re: Zemmy's story

Posted by gibbor120 - 22 Nov 2011 20:37

You are sending hidden messages.

see this en.wikipedia.org/wiki/Adlai_Stevenson_I

Stevenson was admitted to the bar in 1858, at age 23, and commenced practice in Metamora, in **Woodford** County, Illinois.

No joke. wow!

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Nov 2011 16:50

i listened to the shiur you very kindly sent and it is great! thank you very much for sending it.

(basic synopsis: Naaseh ve'Nishma, practical action vs. meditative reflection, sensitivity and appreciation of beauty vs. drive and determination to implement, Esav vs. Yishma'el. male and female. Torah and mitzvos. in spirituality, personalities and in the world.)

i searched online for a copy but could not find it. it may well be in one of his books.

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Re: Zemmy's story

Posted by JackAbbey - 23 Nov 2011 16:55

zemmy, did you learn "chovos halevovos" recently?

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Nov 2011 16:57

no :-[

is it showing?

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Re: Zemmy's story

Posted by JackAbbey - 23 Nov 2011 17:03

you wouldnt question if hashems loving you

if you or anyone is seeking for profound advice to keep mindtracked in these troublesome times,
they should study chovos halvovos daily in order

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Re: Zemmy's story

Posted by gibbor120 - 23 Nov 2011 17:17

[ZemirosShabbos wrote on 23 Nov 2011 16:50:](#)

i searched online for a copy but could not find it. it may well be in one of his books.

and couldn't find it, so I just emailed it. I don't think it's up there any more, but they still do have a lot of his stuff. I don't know how many people are familiar with rav aharon lopiansky, but he has a lot of good stuff on torahlectures.com, here's his page torahlectures.com/c-125.aspx.

I originally got it from simpletoremember.com. I always forget the name

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Nov 2011 17:46

[gibbor120 wrote on 23 Nov 2011 17:17:](#)

I don't know how many people are familiar with rav aharon lopiansky, but he has a lot of good stuff on torahlectures.com, here's his page torahlectures.com/c-125.aspx.

thanks for the link to rav lopiansky!

[Shmeichel wrote on 23 Nov 2011 17:03:](#)

you wouldnt question if hashems loving you

if you or anyone is seeking for profound advice to keep mindtracked in these troublesome times, they should study chovos halvovos daily in order

point well-taken. thank you!

just to clarify, my issue was not to question if Hashem loves me, though i do welcome any and every assertion of that love, rather i was seeking a concrete illustration of a father-son relationship to use as a springboard for visualizing how the RBSO is our loving father.

recently learned in Bilvavi Mishkan Evneh vol.2 about the difference between what we know in our mind to what we feel in our heart and the great distance between them. he compares it to a

father teaching his young son. even though the father's intellect is way above the child's level the father will repeat and clarify a simple idea on the child's terms. so too, we need to 'talk' to our inner child in simple basic language, not with the sophisticated and clever ideas that is often so much more appealing. and the key is to review these basic ideas often, in contrast to a natural desire to always seek a new and novel idea.

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Re: Zemmy's story

Posted by JackAbbey - 23 Nov 2011 18:00

there is a major difference between learning missur and learning hashkofo!

missur is adjustmants to your behavior

hashkofo is rather laying foundations, giving you the correct "mind concept"

chovos halvovos is the father of MOST hashkofo seforim, its also the MAIN SOURCE for most yidishe therapists

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Re: Zemmy's story

Posted by gibbor120 - 23 Nov 2011 19:48

[ZemirosShabbos wrote on 23 Nov 2011 17:46:](#)

we need to 'talk' to our inner child in simple basic language, not with the sophisticated and clever ideas that is often so much more appealing. and the key is to review these basic ideas often, in contrast to a natural desire to always seek a new and novel idea.

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