

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 JackAbbey - 06 Dec 2011 22:25

i didnt realise

that means that you have actually used a whole packet of post-its

great, thumbs up!

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Dec 2011 22:31

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Re: Zemmy's story

Posted by ur-a-jew - 06 Dec 2011 22:35

Is that the new color or the old color?

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Dec 2011 22:38

old

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Re: Zemmy's story

Posted by JackAbbey - 06 Dec 2011 22:46

my wife is very very old fashioned, very conservative

also very clever, sees whats behind the note, rather than the note

dont know how she will take it

~~but in any color, they usually generate Shmeichels~~

Re: Zemmy's story

Posted by ur-a-jew - 06 Dec 2011 22:55

[Shmeichel wrote on 06 Dec 2011 22:46:](#)

my wife is very very old fashioned, very conservative

also very clever, sees whats behind the note, rather than the note

dont know how she will take it

What's behind the note? I don't care how old fashioned or conservative a wife is, do you think she doesn't want to be appreciated? I don't get it.

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Dec 2011 22:56

some wise words...

[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

i would surmise that even if the wife might suspect something is amiss in the beginning, she will appreciate any appreciation you show in the long run

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Re: Zemmy's story

Posted by gibbor120 - 06 Dec 2011 22:57

[Shmeichel wrote on 06 Dec 2011 22:04:](#)

was the new package nicer then the contents of the note?

Sometimes using a different package shows some creativity and adds to the note. I've written notes on all sorts of stuff like tin foil, paper plates. The change of pace makes it more interesting and shows some thought.

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Re: Zemmy's story

Posted by JackAbbey - 07 Dec 2011 22:59

thanks zemy

for reminding me of my advice when i need it

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Re: Zemmy's story

Posted by 1daat - 11 Dec 2011 08:00

Hey Zem, Just truckin through. thought I'd say hi. Glad to see your thread has taken a turn to

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Dec 2011 19:44

Imagine this scenario. You just spent the night in a place of ill repute. To top it all off you were seemingly pick-pocketed and when it was time to pay you realized you had nothing but your iPhone. Having no choice you leave the iPhone as a guarantee until you can bring money. Circumstances are such that you cannot personally return there to pay.

Additionally, because you were drinking heavily you don't remember the exact location, only that the front door was maroon and it was at an

intersection...

Who do you ask to go looking for this place to retrieve your invaluable iPhone (with its contacts, info, schedule etc)?

Do you have a good friend you can ask?

The Rebbe Reb Bunim of Peschicha says we need to learn from Yehuda to have a friend like Chirah Ha'adulami, who Yehuda tasked with retrieving his belongings from Tamar, with whom you can share anything and everything in your life.

(see attached for the source, this is a dramatization of that idea)

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Re: Zemmy's story

Posted by ur-a-jew - 12 Dec 2011 19:57

Thanks Zemmy, this is such a fundamental point. Often we get depressed because we believe that some of the struggles that we are dealing with are our unique struggle, and there is something wrong with me in that I struggle with this. But then you talk it over to a trusted friend and you realize that this "unique" character defect which is eating you up inside is really not unique at all but something that others just like you struggle with. This very fact can at times be the critical factor in allowing a person to deal with the issue. That he is fact "normal" and his feelings and struggles are normal.

By the way, you're never going to believe this, but can you do me a favor, my phone is at . . . can you pick it up for me?

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Dec 2011 20:21

i would look for your phone at Staples, in the Post-It section, thank you very much

which reminds me:

Thar' she blows! **M.A.N.** approaching to starboard! lower the boats!

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Re: Zemmy's story

Posted by gibbor120 - 12 Dec 2011 20:52

Thanks zemmy. Short but powerful piece!

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