

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 - 13 Dec 2011 19:59

[yehoshua wrote on 13 Dec 2011 07:49:](#)

And I don't even have an iPhone... :-\

that's a GOOD thing!

in other news, it would seem superfluous to point out that i am/was on the forum umm... a lot. i am addicted to the forum.

(my name is ZSgiraffepossum and i am a forumaholic)

with inspiration and leading by example by 'certain people' i am trying to cut back on the time i spend here.

b'h for the past few days i have been off the forum for nice stretches of time. i hope to make a habit of limiting my forum-time.

Disclaimer: i am forever grateful to the RBSO and to His shluchim on GYE for bringing me to a place of such caring, goodness, inspiration, acceptance, and true growth. it is only a reflection of my own mismanagement and addictive behavior that manifests itself in excessive 'forumming'. i cherish the precious friends i've made here and i plan to stay in touch with you and also to keep up on the forum, just in a more managed way, be'ezras Hashem.

so if anyone sees that i am 'forumming' recklessly, swerving between threads while talking on a handheld device or spending ~~days~~ hours on end on the forum please let me know (this is to have some form of accountability).

thank you kindly

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Re: Zemmy's story

Posted by gibbor120 - 13 Dec 2011 20:43

[ZemirosShabbos wrote on 13 Dec 2011 19:59:](#)

with inspiration and leading by example by '**certain people**' i am trying to cut back on the time i spend here.

THE REBBE, I ASSUME.

[ZemirosShabbos wrote on 13 Dec 2011 19:59:](#)

i cherish the precious friends i've made here and i plan to stay in touch with you and also to keep up on the forum, just in a more managed way, be'ezras Hashem.

YOU'D BETTER, IF YOU KNOW WHAT'S GOOD FOR YOU!

HEH HEH.

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Re: Zemmy's story

Posted by Gevura Shebyesod - 13 Dec 2011 20:53

What's going on here? the Rebbe, Yosef Hatzaddik, and now Zemmy? I feel lost already.....

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Re: Zemmy's story

Posted by Back on Track - 14 Dec 2011 05:35

Zemmy u kidding right?

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Re: Zemmy's story

Posted by yehoshua - 14 Dec 2011 07:18

Certain experts (not only me) believe strongly that addiction to the forum might be a mith.

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Re: Zemmy's story

Posted by obormottel - 14 Dec 2011 17:34

is MITH one of those mythical creatures you read about in myths from different mythologies?

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Re: Zemmy's story

Posted by ZemirosShabbos - 14 Dec 2011 18:59

mith might be how you spell myth after a little ~~meth~~ math

vitamin KOT should relieve the symptoms

[Back on Track wrote on 14 Dec 2011 05:35:](#)

Zemmy u kidding right?

trying not to. did i say sumpin' wrong? all i said is that i hope not to be glued to the forum

[Gevura ShebYesod wrote on 13 Dec 2011 20:53:](#)

What's going on here? the Rebbe, Yosef Hatzaddik, and now Zemmy? I feel lost already.....

Gevura, may the force be with you, the wind in your sails, the money in your pocket and the cholent on your plate (and don't forget the chrome hub-caps)

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Re: Zemmy's story

Posted by ur-a-jew - 14 Dec 2011 19:03

[obormottel wrote on 14 Dec 2011 17:34:](#)

is MITH one of those mythical creatures you read about in myths from different mythologies?

Actually, it's the **M**aryland Institute for **T**echnology in the **H**umanities, they commissioned a study about the **G**reater **Y**ellowstone **E**cosystem and how people who study that subject often end up in the **F**ederation **O**f **R**etired **U**nion **M**embers.

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Re: Zemmy's story

Posted by Back on Track - 18 Dec 2011 03:40

Thanks for clarifying that uaj. I was gonna say the same thing just didn't have the koyach to type it all in. Glad s/o is watchin the fort.

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Re: Zemmy's story

Posted by 1daat - 18 Dec 2011 08:51

Nice move Zem.

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Re: Zemmy's story

Posted by ur-a-jew - 19 Dec 2011 15:47

[Back on Track wrote on 18 Dec 2011 03:40:](#)

Thanks for clarifying that uaj. I was gonna say the same thing just didn't have the koyach to type it all in. Glad s/o is watchin the fort.

Knowing that we can count on each other is what makes this place so great.

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Re: Zemmy's story

Posted by ZemirosShabbos - 19 Dec 2011 22:39

M.A.N. alert!

in related news: the wife recently bought me a present. i was excited and curious to see what the present was. turns out it was a package of post-it notes. larger than the ones i had been using. anyone who fancies himself a therapist/armchair psychologist/actuary is welcome to offer

otherwise little me is trucking along, doing well baruch Hashem, much praise and glory to the One Above, with reduced forum-time. i do miss the camaraderie and the banter.

Chanuka is a very 'close' yom tov to us. both chronologically (it's the last one) and in it's meaning. outside, in the dark cold night a gleam of warmth. It's a time when we can feast our eyes on a holy sight. A time when we can sit quietly at the lecht and daven. Talk to the RBSO in your own language and phrases.

The Greeks wanted the yidden to 'write on the horn of the ox that we have no chelek in Elokei Yisrael'. the Maharal explains why on an ox and why specifically the horn. the ox symbolizes the Eigel, which the yidden made right after Matan Torah, and the horn represents the hardest part of the animal. All in order to show the yidden that they are cut off from the RBSO, otherwise how could they make the Eigel immediately after Matan Torah. (something many an addict must think at times "how can i still be a yid and relate to the RBSO after what i did"?).

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Chazal tell us that the RBSO says that He forgoes and forgets the chet ha'eigel, meaning that it is NOT a sign of severance, but He always remembers Matan Torah, the bond forged there is eternal. The Maharal explains that according to our own merits and actions the bond would be severed but being that the RBSO made an unconditional bond (with unconditional love) it cannot be severed and we are with Him for good. That is the first of the Aseres Hadibros: Anochi Hashem Elokecha, I am your G-d, independent of anything you say or do. That is also why the yidden said Naaseh Venishma, an unconditional acceptance.

may we all be zocheh to taste this unconditional love and fan the embers into a flame

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Re: Zemmy's story

Posted by gibbor120 - 20 Dec 2011 16:49

[ZemirosShabbos wrote on 19 Dec 2011 22:39:](#)

M.A.N. alert!

in related news: the wife recently bought me a present. i was excited and curious to see what the present was. turns out it was a package of post-it notes. larger than the ones i had been using. anyone who fancies himself a therapist/armchair psychologist/actuary is welcome to offer

It means you had better keep writing them ;D. oh, and she really likes them! good for you!

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Re: Zemmy's story

Posted by gibbor120 - 20 Dec 2011 16:51

[ZemirosShabbos wrote on 19 Dec 2011 22:39:](#)

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