

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.

=====

Re: Zemmy's story

Posted by Gevura Shebyesod - 20 Dec 2011 19:53

---

Low-fat doughnut? Isn't that an oxymoron? ;D And what would be the point of it, anyway? ???

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 20 Dec 2011 19:57

---

that, my friend, is the crux of the whole problem of dieting. the food often tastes as healthy as it

???? ??

send one

[ZemirosShabbos wrote on 20 Dec 2011 19:49:](#)

free donut

and one

[ZemirosShabbos wrote on 20 Dec 2011 19:49:](#)

caramel custard filling

and one

[ZemirosShabbos wrote on 20 Dec 2011 19:49:](#)

low-fat

=====

Re: Zemmy's story

Posted by gibbor120 - 20 Dec 2011 20:22

---

[ZemirosShabbos wrote on 20 Dec 2011 19:49:](#)

i feel the same way as a person. problem is identifying when things are running ok and when they are leaking transmission fluid.

That's why you need to keep doing regular maintenece. I think Eye (elyah) had something about this recently. Keep in touch with friends even when times are good. You'll be much

better off when times get tough.

[ZemirosShabbos wrote on 20 Dec 2011 19:49:](#)

*(notice that i did NOT inflict another corny joke about guard your eyes / watches / syrian eye doctors upon you. please send me free donuts. caramel custard filling. low-fat. thanx)*

I'll send a free doughnut if you *tell* the corny joke. Now that bards is gone, this place seems too serious sometimes. I can't help with the lowfat. I'm with Gevurah, if your eating the doughnut

=====

Re: Zemmy's story

Posted by JackAbbey - 20 Dec 2011 21:18

---

just eat another punchkeh, and dont ask any questions

if you are really concerned about health then wash it down with a diet coke

=====

Re: Zemmy's story

Posted by Gevura Shebyesod - 21 Dec 2011 18:38

---

already eat the fattening kind. If you want low-calorie, eat carrot sticks.  
Hey Zemmy, I'll send you one caramel custard donut. And if you can stare at it for 8 days without eating it, I'll send you another one. (Actually I'll have to send you 2 more, the original one will be quite stale by then). ;D ;D ;D

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 21 Dec 2011 19:19

---

i think i would hold out for the extra donuts

but if you put an RC plane in front of me, that would be a whole different story...

=====

Re: Zemmy's story

Posted by Gevura Shebyesod - 21 Dec 2011 19:40

---

Here ya go.....

=====

Re: Zemmy's story

Posted by Back on Track - 22 Dec 2011 04:58

---

I've got a spare doughnut right here in the back o me ol truckey. A/o who wants feel free to come on o'er and Sink your teeth into that one!

As regards the statement your wife is making with the post its- its hard for me to go into all the details now because time is short and I must be mekatzer. But in a nutshell this relates to her previous gilgul as an environmental activist wherein she beleieved it was wrong to cut down trees just so we can write on them. U at that time were a lumberjack who made ur business cutting down trees and in some cosmic string of justic e based on the middah of din sheb'chesed with a heaalthy dose of shtusim mit luckshin, there was this wave of bad karma between both of your inner trees. By you using these postits which are made on paper that the lumberjack cuts, that the lumberjack union incites, that the politicians buy off bitrei zuzei the both of you should have evened out.

Of course you accomplished this by reaching out to her from the heart in a steady thoughtful and consistent way and it also has a side benefit of improving your life and mariage which is always a good thing.... My my, I thought I was being mekatzer... Sure am getting a little long winded here.... Now where was I? Oh yeah! That the lumberjack bought with two zuzim- hurry

up and read this before chatzos or we'll all turn back into pumpkins and then we'll never find our way back to kansas.(Carry on now wayward son)

=====

Re: Zemmy's story

Posted by ur-a-jew - 22 Dec 2011 13:40

---

I think this guy is on MITH

=====

Re: Zemmy's story

Posted by gibbor120 - 22 Dec 2011 15:58

---

=====

Re: Zemmy's story

Posted by gibbor120 - 22 Dec 2011 15:59

---

Some of the lyrics are quite appropriate for GYE actually. I hope you are mochel me zemmy for putting goyishe lyrics on your thread.

{Refrain

Carry on my wayward son

There'll be peace when you are done

Lay your weary head to rest

Don't you cry no more

LOVE IT BOT! and yes, I got the bit about the wayward son

Once I rose above the noise and confusion

Just to get a glimpse beyond this illusion

I was soaring ever higher

But I flew too high

Though my eyes could see I still was a blind man

Though my mind could think I still was a mad man

I hear the voices when I'm dreaming

I can hear them say

{Refrain

Masquerading as a man with a reason

My charade is the event of the season

And if I claim to be a wise man, well

It surely means that I don't know

On a stormy sea of moving emotion

Tossed about I'm like a ship on the ocean

I set a course for winds of fortune

But I hear the voices say

{Refrain

No!

Carry on, you will always remember  
Carry on, nothing equals the splendor  
The center lights around your vanity  
But surely heaven waits for you

Carry on my wayward son  
There'll be peace when you are done  
Lay your weary head to rest  
Don't you cry (don't you cry no more)

=====

Re: Zemmy's story  
Posted by Gevura Shebyesod - 22 Dec 2011 16:22

---

One of my all-time favorites! And yes it has so much more meaning now.

=====

Re: Zemmy's story  
Posted by ZemirosShabbos - 22 Dec 2011 18:44

---

not being familiar with wayward sons in kansas (any relation to Dorothy?) i will share with you  
the ultimate power tool for the lumberjack incarnate

[www.glatube.com/Watch.aspx?vid=2348](http://www.glatube.com/Watch.aspx?vid=2348)

[Back on Track wrote on 22 Dec 2011 04:58:](#)

inner trees

how come my thread somehow reverts to discussions about trees?

but once we're at it

the Chinese have this great saying about keeping a green tree in your heart...

=====

Re: Zemmy's story

Posted by Back on Track - 25 Dec 2011 04:28

---

They also say keep a green dollar in ur pocket. Those chinese iz really into green 'seems.

Ps- yeah some of those lyrics are on the mark. Happen to think Dust in the wind is eved more so... If you take it with the right spin.

=====