

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 tehilimzugger - 06 Jan 2012 02:06

see: i'm halfway an old-timer

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Re: Zemmy's story

Posted by mnman415 - 06 Jan 2012 03:17

hi!

(oops wrong thread?????)

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Re: Zemmy's story

Posted by Shteeble - 06 Jan 2012 09:10

zoiks

he doesn't recognize you tell him you're jack

you're right.

I thought I was in the hi thread too.

Thanks for setting me straight.

Although Giraffes are pretty high most of the time.

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Re: Zemmy's story

Posted by Back on Track - 08 Jan 2012 00:37

One thing you can guarantee, no matter how long its been, and what's going on, guard your eyes is always nutty.

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Re: Zemmy's story

Posted by tehylimzugger - 12 Jan 2012 14:18

[ZemirosShabbos wrote on 25 Oct 2010 18:41:](#)

here is an invaluable lesson from the rebbe reb bards

just remember u are only as clean as your weakest day

very true and important to remember

i'm a little out of date but i disagree with the rebbe zy"a

i think you're only as dirty as your weakest day but your neshama is clean...

now that's a barditchiver vort

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Jan 2012 21:43

ich gai reefen dee sadrunim, einer zugt nisht vee der rebbe...

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Re: Zemmy's story

Posted by gibbor120 - 12 Jan 2012 22:19

[ZemirosShabbos wrote on 12 Jan 2012 21:43:](#)

ich gai reefen dee sadrunim, einer zugt nisht vee der rebbe...

I go ____ ____, ____ say not from the rebbe. Please fill in the blanks???

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Jan 2012 22:26

pretty good!

literal translation is: i am going to call the orderlies (bouncers), someone contradicted the rebbe

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Re: Zemmy's story

Posted by gibbor120 - 12 Jan 2012 22:32

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 Jan 2012 22:42

soon you'll look like this... ;D

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Thanks, GYE is improving my yiddish

Re: Zemmy's story

Posted by ZemirosShabbos - 12 Jan 2012 22:50

[ur-a-jew wrote on 30 Aug 2011 22:39:](#)

The Sfas Emes concludes this discussion by citing a zemira (song) which the Arizal wrote for the Shabbos evening se'uda. The Sfas Emes quotes the zemira to enable us to see the link between : song (shira) and access (sha'ar).. We say in this zemira, "Aza'meir bish'va'chim lemei'al gav pisc'hin ..." ("I sing praises of HaShem, and thus may enter through the sha'ar to gain access to HaShem.) In fact, singing praise of HaShem can remove the Hester behind which His Presence is often hidden. The Sfas Emes elaborates on the idea that song (zemira) can help us in our avoda (service), To do so, he calls up a secondary meaning of the Hebrew root ZMR --namely, "to cut away". Working with that meaning of ZMR, the Sfas Emes explains the objective of the "pe'su'kei de'zimra" ("the verses of song" that we recite before we begin the formal Shabbos Shacharis davening). By singing praise of HaShem, we can cut away the sitra achra --the power of evil --that constantly tries to interpose itself between HaShem and His people. Thus, the Sfas Emes can now read " azameir bishevachim " as "I will cut away with

praise". Sounds right.

i recently saw another piece in the Sfas Emes (*iirc, on parshas vayigash*), on the same zemiros you mentioned.

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He asks, why does the *zemer* say that we enter into the gates, isn't the idea to get into the *chakal tapuchin*, the field?

The Sfas Emes answers: our primary effort is not to go find and enter the field, our problem is that we keep missing the gates. the gates are always right there with us, in whatever circumstances we find ourselves, we are merely not conscious of them. So the struggle is to access the gates.

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Re: Zemmy's story

Posted by ZemirosShabbos - 16 Jan 2012 22:58

today i remembered a movie i had watched back in the day, a clean movie (probably one of the very few). i went and watched a trailer of the movie. still squeaky clean technically. but there were more movies that were linked on the page.

i looked at 2 more trailers of ostensibly clean movies but one of them had a borderline scene so i shut the window

this should be a reminder to me that my lust is still alive and well in me and i need to stay away from it.

trailers are no good for me. period. (besides for bardy's 18 wheel trailer of course)

i need to stay on guard

thats the bottom line

i am grateful it did not progress to worse

yala yalili, moving on

"It's snowing still," said Eeyore gloomily.

"So it is."

"And freezing."

"Is it?"

"Yes," said Eeyore. "However," he said, brightening up a little, "we haven't had an earthquake lately."

? A.A. Milne

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Re: Zemmy's story

Posted by Gevura Shebyesod - 17 Jan 2012 02:11

How about this trailer?

(I think that object on it is a baby geshtaltzumfliggen)

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Re: Zemmy's story

Posted by Blind Beggar - 17 Jan 2012 10:42

Watching movie trailers is the equivalent of Jim, my favorite character from the Big Book, who

had a little whiskey mixed with milk along with a sandwich. He was still hungry, so he had another sandwich. What's wrong with eating two sandwiches if you're hungry? And some more milk to wash it down, with a little whiskey.....

Most people like Fred best, but Jim is my favorite.

Take care.

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