

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 - 24 Jan 2012 19:50

just for the record, i have a copy of the big book in my night table and i have read a lot of it. but proportionally speaking i have many more copies of Zemiros Shabbos and i've read them a lot more...

my kids have a book about Winnie the Pooh and i was reading it to them a few nights ago and it had a line like this:

"Pooh Bear, suppose a tomorrow came and we weren't together?" ~~Christopher~~ Elimelech Boruch Chaim Naftali Robin asked.

"I'm glad it's tomorrow because then I don't have to think about it today," said Pooh.

that started the whole Winnie the Pooh fad with me. it sounded like the Big Book.

regarding short-circuiting the universe, i think it was a pretty good undertaking, i heard the same piece from the Tiferes Shlomo at shalosh seudos and a friend of mine in EY said he heard it too. maybe if not for my short-circuitry we both would have heard a shtickel from Vinnie der Pooh? who knows...

in other news. i hope whoever needs a MAN reminder is still keeping at it. i am closing in on my

second post-it note siyum. many thanks to my Post-it mentor UAJ and to 3M.

of course women do things better than us men. my wife brought home a balloon in the shape of a post-it note the other day for me and tied it to the faucet in the bathroom so it was about the same height as a note on the mirror.

in other other news. lately i have been paying a little more attention to my financial situation. or my lack of a financial situation and doing what i seem to do very well, worry. now, of course worrying is futile and detrimental and it poisons everything, but i never said i only do things that are worthwhile good and nutritious. one good thing about this is that it makes for good davening

oh, and in 2 days i will two years (of gye) old. still teething though.

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Re: Zemmy's story

Posted by tehylimzugger - 24 Jan 2012 20:31

[ZemirosShabbos wrote on 24 Jan 2012 19:50:](#)

sessions. Zugging Tehillim is also great.

lately i have been paying a little more attention to my financial situation. or my lack of a financial situation and doing what i seem to do very well, worry. now, of course worrying is futile and detrimental and it poisons everything, but i never said i only do things that are worthwhile good and nutritious. one good thing about this is that it makes for good davening sessions. Zugging

I am not someone to talk about a financial sitch- my problem with finances is that my father insists on not giving me a spending limit.

but this i will tell you my friend.

When I was younger, my life's planning went until my barmitzva- after all afterwards i won't have to do anything a **bachur** will- and everyone knows bachurim can do anything- in yeshiva ketana i couldn't see past yeshiva gedoila- and now i can't see past marriage- oh how everything will be

perfect and all sorted out.....

life is not about what if it's about what

einei chol eilecha yisaberu

but hashem who knows what's good for us gives

es achlam beito!

worry shmorry

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Re: Zemmy's story

Posted by ZemirosShabbos - 24 Jan 2012 20:42

very well said

you are an ????? ??????

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Re: Zemmy's story

Posted by Back on Track - 25 Jan 2012 04:04

Zemmy its very imoortnt to keep ur books in the right place. For example, if you wind up reading ur kids from the big book, reading ur zemiros shabbos at bedtime and singing winnie the poo on shabbos ppl might think u r strange. So make sure to read the kids poo. Sng the zemiros and chill b4 bed with a small dose of the big book every nigh. ... Just my humble op.

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Re: Zemmy's story

Posted by tehillimzugger - 25 Jan 2012 07:55

[Back on Track wrote on 25 Jan 2012 04:04:](#)

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also zemmy need i remind you of a certain [totally mutar] magazine that's waiting anxiously to be read by you? 8)

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Re: Zemmy's story

Posted by ZemirosShabbos - 25 Jan 2012 20:27

BOT, for some reason your epistle struck a chord in my heart and i have plastered it across all fourscore thousand of my posts

TZ,

"Rivers know this: there is no hurry. We shall get there some day."

? A.A. Milne, Winnie-the-Pooh

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Re: Zemmy's story

Posted by tehillimzugger - 26 Jan 2012 12:26

[ZemirosShabbos wrote on 25 Jan 2012 20:27:](#)

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fourscore thousand of my posts

TZ,

“Rivers know this: there is no hurry. We shall get there some day.”

? A.A. Milne, Winnie-the-Pooh

how does it feel to be a celebrated author?

The word score originates from Old English scoru "twenty".

i wanted to translate good old abe's gettysburg drasha for [this thread](#) but turns out

???????

means 16

oh well... ~~it all comes from eating too much~~

-winnie the pooh

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Re: Zemmy's story

Posted by Yosef Hatzadik - 27 Jan 2012 05:20
cheers

Welcome to the start of **ZemirosShabbos's** 3rd year on GYE.

The third of many more to come!!!

[From Zemmy's Gemach]

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Re: Zemmy's story

Posted by Blind Beggar - 27 Jan 2012 08:14

[ZemirosShabbos wrote on 25 Jan 2012 20:27:](#)

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80,000 posts, Zemmy? Where are the other 75,000?

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Re: Zemmy's story

Posted by Shteeble - 27 Jan 2012 18:29

[Yosef Hatzadik wrote on 27 Jan 2012 05:20:](#)

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[From Zemmy's Gemach]

Don't worry.

39% of the meshugines won't zoom in to 400%.

Hardly anyone will know.

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Re: Zemmy's story

Posted by gibbor120 - 27 Jan 2012 19:03

[Shteeble wrote on 27 Jan 2012 18:29:](#)

[Yosef Hatzadik wrote on 27 Jan 2012 05:20:](#)

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Re: Zemmy's story

Posted by Shteeble - 27 Jan 2012 20:08

You're right.

didn't think of that.

oh well

yosef

better pack your bags

the shame is to great

Do you really mean that the very person who shouts "SMILE" all day long...

can't come up with his very own....?

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Re: Zemmy's story

Posted by ZemirosShabbos - 01 Feb 2012 18:02

[Blind Beggar wrote on 27 Jan 2012 08:14:](#)

[ZemirosShabbos wrote on 25 Jan 2012 20:27:](#)

BOT, for some reason your epistle struck a chord in my heart and i have plastered it across all
fourscore thousand of my posts

80,000 posts, Zemmy? Where are the other 75,000?

at the rate i'm going you should see all 80,000 in about 38 years

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Re: Zemmy's story

Posted by Blind Beggar - 03 Feb 2012 11:03

Can you imagine 38 years sober? No porn, no zera levatola?

Im yirtzeh Hashem by you.

Im yirtzeh Hashem by all of us.

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