

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 - 20 Mar 2012 19:21

i had 3 oranges and 3 hamantashen for lunch

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Re: Zemmy's story

Posted by Gevura Shebyesod - 20 Mar 2012 19:41

[ZemirosShabbos wrote on 20 Mar 2012 19:21:](#)

i had 3 oranges and 3 hamantashen for lunch

Hmmmm, 3 circles and 3 triangles. Doesn't sound like one of the 3 squares though.... :D

And what kind of shape will you be in, eating like that?

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Re: Zemmy's story

Posted by ZemirosShabbos - 20 Mar 2012 20:14

gevura, that was very serendipitous

i have a shtickel purim torah and your post reminded me that i did not inflict it on the general gye populace

??? ????

What is the difference between hamantashen and donuts? both are filled with jelly.

??? ????

A donut is round. it can be rolled here and there. Chanuka - when we eat donuts - is a time when we celebrate the miracles and the prevalence of the neshama over the Greek culture and its detrimental effects. Every persons level of identification and engagement with his neshama is different, some spend all day with their neshama, some only nights and weekends, and some only do once a year milu'im on the High Holy Days...

On Purim we celebrate the salvation of the guf. Haman wanted to destroy the Jewish people regardless of who they were and their spiritual level. In his eyes the Jews were equal. If you had Jewish blood you were on his list. So the Jewish body was the great equalizer.

Hamantashen are triangular, and they cannot roll (like the chocks put under wheels of cars and airplanes to keep them from rolling). They are stationary.

[ZemirosShabbos wrote on 21 Jun 2010 16:11:](#)

The Klausenberger Rebbe zy"a after the war was in the DP camps and it was Purim and he was

at the seudah surrounded by many people, each one with a tragic story, this one lost a wife, this one his parents, this one his children and so on. the matzav ruach was very low.

the Rebbe started speaking, "Venahapoch Hu Asher Yishletu Hayehudim Haimah Besoinayhem", it will come a time when Venahapoch Hu, the opposite will happen, instead of the yidden being downtrodden and persecuted, they will be given the upper hand and they will be sholet on soinayhem when Moshiach comes. But when Moshiach comes he will look around at the yidden and he will ask "Hayehudim Haimah?" these are Jews? they do not look like the ideal Jew.

The Rebbe stands up "Then I, Zalman Leib, will say Hayehudim Haimah Besoinayhem, if in Hitler's eyes they are good enough to called a Jew and be tortured and killed for being a Jew then for you too they are Jews!"

Lechaim!

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Mar 2012 19:19

shalom-bayis stress-test of the year: pesach

wife wants to eat in the dinette shabbos before pesach

wife does not want to use store-bought items on pesach, of course besides for wine and matza and soda and chocolate and oil and potato starch and more. (i dont understand how this idea is defined, either make everything yourself or buy everything...)

wife wants to do spring cleaning, air blankets, clean the AC filters, etc.

husband (me) wants to do what needs to be done, spring cleaning can be done for shavuos

eat store-bought stuff. i back it up with the adage that the wife follows the husbands minhag, wife counters that i dont have any minhagim (which can be true, depending on what a minhag is)

eat in dining room where there is room and it feels like shabbos

there is the lust angle as well, cause if the wife is knocking herself out and staying up late it means that she wont have time/strength for you-know-what

my better sense tells me to keep my mouth shut and try to make the wife happy. i imagine you would advise the same?

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Re: Zemmy's story

Posted by ur-a-jew - 21 Mar 2012 20:07

Wow, are our wives sisters? I had the same discussion last week with my wife. Me: Pesach is erev shabbos so of course we can eat in the dining room the week before. Wife: No that just means we only have to eat one week in the kitchen. More recently in response to my wife's comment that she was so behind in pesach cleaning. I remarked jokingly that if that was the case we are going to have to do the minimal pesach cleaning since we wanted to make sure we finished spring cleaning on time.

At the end of the day. Ask yourself this. Which do you think pleases Hashem more? A shabbos meal that is eaten in the kitchen but at which the wife is calm since she knows that kids are not running all over her dining room with chometz, or one eaten in the dining room at which the wife is a nervous wreck and resentful that her husband doesn't care about her.

Similalry, you are not going to change the spring cleaning mentality. Just remember, a home is a woman's castle. So long as she also makes sure the chometz is out (which is really your job so be grateful to her that she is doing it) let her run her castle anyway she wants.

And if its you-know-what that you want. I assure you that your chances increase when you are both on the same page and not when she feels you are working against her. Picking up the mop, broom and vacuum don't hurt either.

Good luck and know that you are not alone.

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Re: Zemmy's story

Posted by gibbor120 - 21 Mar 2012 20:20

Hi ZS, I wish I had the good sense to listen to my "better sense" more often.

Hatzlacha!

P.S. Why don't you just take a Pesach cruise or something? You can throw all the chometz in
. I wouldn't advise burning it on the ship though :o.

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Re: Zemmy's story

Posted by ZemirosShabbos - 21 Mar 2012 20:35

[gibbor120 wrote on 21 Mar 2012 20:20:](#)

Hi ZS, I wish I had the good sense to listen to my "better sense" more often.

me too,

that's why i enlisted UAJ,

good sense + UAJ vs. my bad sense makes it clear that it's outnumbered...
the water

[gibbor120 wrote on 21 Mar 2012 20:20:](#)

P.S. Why don't you just take a Pesach cruise or something?

aye aye cap'n!

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Mar 2012 15:51

Ben Durdayah sends his best regards to all gye-people

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Mar 2012 16:30

my thoughts today

i'm scared. i'm scared to give up my security blanket (of lust). i am scared i'll be left without any comfort. without pleasure. without any me-time. without indulgence.

not trusting, not giving it up, not surrendering, not feeling secure.

feeling like a drowning swimmer who thrashes at his rescuer, not seeing that by thrashing and squeezing he is hindering the rescue.

where am i wrong?

my life, my pleasure, my me-time, does not come from my addictive behavior. the lust is not the channel through which my life flows.

it is my desperate measure of survival, not the true pipeline of life.

there is so much good in my life. who gave it? who provided? who kept me? who protected me? and yes, there are hardships too. who put them there? why?

the why's are usually elusive but the who is clear.

stop fighting, stop controlling, stop being Boss.

that is a tall order. and it's not going to happen today.

but it is a goal.

thinking about it and realizing it is but the beginning.

acting the right way is the only way to concretize it.

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Re: Zemmy's story

Posted by Shteeble - 22 Mar 2012 17:50

food for thought:

koecadlsw

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Re: Zemmy's story

Posted by Gevura Shebyesod - 22 Mar 2012 18:38

Keep On Eating Coleslaw And Delicious Lasagna Salad With Woodford?

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Re: Zemmy's story

Posted by ontheedgeman - 22 Mar 2012 19:14

[Shteeble wrote on 22 Mar 2012 17:50:](#)

food for thought:

koecadlsw

Kohanim order "emunah cake" and devour little slivers with wafers.

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Re: Zemmy's story

Posted by Gevura Shebyesod - 22 Mar 2012 19:25

I thought it was Catholics that devour little slivers of wafers...

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Mar 2012 19:26

cholent?

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