

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 cordnoy - 15 May 2015 15:57

Wow!

He did it!

And what a post!

KOT!

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Re: Zemmy's story

Posted by cordnoy - 15 May 2015 16:00

Everyone should enter lockdown mode!

Guard the choliptzes!

man the squishkas!

Secure the jelly-roll donuts!

Hide the pitchaka!

Store away the candy-cane sea shells with the sour cholent mix!

Hard hats only!

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 May 2015 16:02

the Onion Kugel Apocalypse is at hand, verily!

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Re: Zemmy's story

Posted by TehillimZugger - 23 Jul 2015 19:09

Zemmy: Halakhiq Query, Important very,

In the Nine Days; Is it ok to consume Diet Muffins of Blueberry?

{Do we have a hetter for Shana Rishona?}

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Re: Zemmy's story

Posted by Gevura Shebyesod - 23 Jul 2015 19:16

In the nine days it's a mitzva to be blue.

But in Shana Rishona it's a mitzva to make your wife happy.

So i guess you can eat them but she can't.

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Re: Zemmy's story

Posted by cordnoy - 23 Jul 2015 19:33

[Gevura Shebyesod wrote:](#)

In the nine days it's a mitzva to be blue.

But in Shana Rishona it's a mitzva to make your wife happy.

So i guess you can eat them but she can't.

It is not a mitzvah to be blue. ...one should merely be "mema'et b'simchah."

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Jul 2015 21:18

tz's query halachic

written in fashion poetic

to see so refreshing

like old times mamesh[ing]

eat blueberry muffin diet

sure, why not try it

just not choluptias

rishona shana of nuptials

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Re: Zemmy's story

Posted by cordnoy - 23 Jul 2015 22:01

TZ

In Italy

Spaghetti

With Zemmy

Pidaini?

(Where da hell is he?)

Papparazzi

Ashley

(Who invited the shrink to da party?)

Eatin' a blueberry

Diet! ? Hehe!

Weeks three

RGT

Day 90

Sobriety

Tradition of the family

Pope Gregory

Serenity

Monday eve

With pastrami.

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Re: Zemmy's story

Posted by cordnoy - 30 Jun 2016 11:17

[ZemirosShabbos wrote on 26 Oct 2010 16:18:](#)

the other day i was shopping in with my 2-yr-old son. i don't go there often and i was looking at this gadget and that electronic gizmo and taking in all the items. while i was trying to look at things my son only wanted to take the paper circular which was rolled up and blow with it at my face and would rollick with laughter if i blew back at him.

got me thinking how it's like this world. so many gadgets and gizmos blinking and buzzing and all Hashem wants is some face-time with us, more than anything else.

Yep!

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Re: Zemmy's story

Posted by Shteeble - 30 Jun 2016 17:37

[cordnoy wrote on 30 Jun 2016 11:17:](#)

[ZemirosShabbos wrote on 26 Oct 2010 16:18:](#)

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got me thinking how it's like this world. so many gadgets and gizmos blinking and buzzing and all Hashem wants is some face-time with us, more than anything else.

Yep!

2010 huh,

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Re: Zemmy's story

Posted by stillgoing - 30 Jun 2016 17:43

[Shteeble wrote on 30 Jun 2016 17:37:](#)

[cordnoy wrote on 30 Jun 2016 11:17:](#)

[ZemirosShabbos wrote on 26 Oct 2010 16:18:](#)

the other day i was shopping in with my 2-yr-old son. i don't go there often and i was looking at this gadget and that electronic gizmo and taking in all the items. while i was trying to look at things my son only wanted to take the paper circular which was rolled up and blow with it at my face and would rollick with laughter if i blew back at him.

got me thinking how it's like this world. so many gadgets and gizmos blinking and buzzing and all Hashem wants is some face-time with us, more than anything else.

Yep!

2010 huh,

I didn't know they had the red and blue flashing text back then. I thought the flag was just gray.

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Re: Zemmy's story

Posted by TehillimZugger - 09 Oct 2016 18:10

AYT Muffin time!!!!!!

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Re: Zemmy's story

Posted by Shteeble - 16 Oct 2016 10:36

yo

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Re: Zemmy's story

Posted by Shteeble - 03 Feb 2017 04:08

[ZemirosShabbos wrote on 03 Jan 2011 16:06:](#)

Stress and discontent (among other things) are what drive us to seek out our preferred drug, be it porn or masturbation or whatnot. when those little voices go off in my head saying, "oh, poor me, i did/did not get this or the other thing and i really need it, the wife/boss/friend made a funny-face at me/insulted me, i have too little money/time/kids/cars/houses/ears whatever... why not go for some relaxation and get some much deserved pleasure..."

that is the voice of addiction, the voice of the yetzer hara, whatever you prefer to call it.

trying to sell me a medication that guarantees that i will never finish the prescription, with life-long refills.

lusting will not make me happy, relaxed or feel accomplished. it will destroy my spark of life and turn me into a shell. a spent shell. it will destroy my connection to Hashem, my wife, my kids, my

so if i feel stressed, i at least am aware of the fact and know that i need to keep safe and not vent by taking poison. some may prefer kickboxing. some may prefer jogging, origami, or making some new cholint recipe.

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friends and last but not least, to GYE