

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 stillgoing - 23 Apr 2018 22:47

[cordnoy wrote on 23 Feb 2017 13:14:](#)

Zemmy's quotes need no introduction, nor do they need any explainin':

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

~ Rabindranath Tagore

lotta wisdom in there...

i often think if i'll have that gadget, car, house, experience, etc., THEN i'll really be happy. never works.

the only true lasting happiness is when we do the right thing and work towards our goal.

"One who is laboring to achieve, to build, and is aware that the result is taking shape as it should cannot be depressed no matter how hard the work." (Rabbi Akiva Tatz, The Thinking Jewish Teenagers Guide to Life)

I thought you were writing Zemmy's quotes. Rabindranath Tagore was the son of the head honcho of the Brahmo Samaj, they were the guys who attempted a revival of the ultimate monistic basis of Hinduism as laid down in the Upanishads. What does he have to do

Warning: Spoiler!

with Rabbi Akiva Tatz, Unless they are both really Zemmy in disguise...

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Re: Zemmy's story

Posted by YeshivaGuy - 27 Jan 2021 00:46

[briut wrote on 30 Dec 2010 21:57:](#)

What a shame that the many folks from Lakewood who are posting, lurking, and r'l suffering in silence... feel they can't out themselves here.

I'm sure, though, that if a Lakew--der heard a sincere chant to reach out via PM, he would see the life-saving value in taking such a step.

Takkonos or not.

And I'm only half-jesting in this post, by the way.

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