

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

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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 ur-a-jew - 15 Dec 2010 16:02

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[Briut wrote on 15 Dec 2010 15:40:](#)

[ZemirosShabbos wrote on 15 Dec 2010 15:26:](#)

ps. where can i leave a post-it note to the RBSO?

I might suggest your siddur. Maybe shemone esrei. Maybe r'faheinu, maybe sh'ma koleinu? At any word where you think you'll see the note and pause for 15 seconds.

Just a thought. And even if you were tongue in cheek, I am not.

[ZemirosShabbos wrote on 15 Dec 2010 15:50:](#)

Briut, i'm with you 100%

to me it seems that appreciating and acknowledging everything good we have is a great way to have: simcha, gratitude, humilty, satisfaction, emuna, bitachon...

i was being tongue-in-cheek, but your are right on mark there. thanks for the reminder!

I would put it in ????? next to the words "?????? ???? ??"

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 16:08

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t'is the season for the tried-and-true method of mailing it to G-d, Jerusalem, Israel also...

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Re: Zemmy's story

Posted by jewinpain - 15 Dec 2010 16:28

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How about posting the note right next ur the lust urge?

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 16:44

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hi JIP!

i'm not sure if i understood exactly what you meant with that...

did you mean to keep the note to use as a counterattack against a lust urge?

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Re: Zemmy's story

Posted by jewinpain - 15 Dec 2010 17:02

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U got it bro

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 17:11

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ok, good idea, thanks!

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Re: Zemmy's story

Posted by bardichev - 15 Dec 2010 17:13

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any one want to go to great adventure today

how about a good water park

why not its too cold ??

but its soooooooooomuch fun!

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Re: Zemmy's story

Posted by desperate\_teddybear - 15 Dec 2010 17:15

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bard dude, the pipelines are frozen. however, i'm in.

i'm bringing my skates though. and i'll wear my swim trunks only if i can wear fuzzy warm socks  
as well - counterbalance and all

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Re: Zemmy's story

Posted by bardichev - 15 Dec 2010 17:16

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its really cold you might lose a digit or two

but its funn

hey hey

cmon in

its a day of funnn and games

freeeeee

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Re: Zemmy's story

Posted by desperate\_teddybear - 15 Dec 2010 17:20

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[bardichev wrote on 15 Dec 2010 17:16:](#)

its really cold you might lose a digit or two

but its funn

hey hey

cmon in

its a day of funnn and games

freeeeee

eeeeze

weeeeeeeeeeeeeeeeeeeeeeeeeeeee this is fun!!!! oops i tripped on something what is this? oh it's bard's left earlobe. oh well no big deal we'll glue gun it back on later

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Re: Zemmy's story

Posted by bardichev - 15 Dec 2010 17:30

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who needs an earlobe(ch"v sh poo poo poo al tiftach peh)

im having fun

hey i canm always buy a new one on ebay

or post a pic of me on basefook

hey this is funnnnn\

yumm funnnn

yayay

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 17:31

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where's the popcorn?

where's the shmura-non-gebruchts-sukkah-menora-megilah?

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Re: Zemmy's story

Posted by desperate\_teddybear - 15 Dec 2010 17:42

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this water fight is painful i keep getting splashed with ice chips oyoyoy LETS MAKE SLURPEES  
WITH THIS STUFF pass me some root beer and a cup, mix it all together we're in  
BUSINESS...yuk bard's earlobe is now in my drink. really bards, do something about it. sheesh.

zem, what flavour u having ur waterfight-slurpee?

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 17:44

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c'mon, that's easy

fish flavor!

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