

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 desperate\_teddybear - 15 Dec 2010 17:47

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[bardichev wrote on 15 Dec 2010 17:45:](#)

what did we gain by going to great adventures today!!??

cold toes and warm hearts.

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 17:49

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[bardichev wrote on 15 Dec 2010 17:45:](#)

what did we gain by going to great adventures today!!??

we gained a gevaldiger moshol of what chasing lust is like.....

thank you rebbe b!

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Re: Zemmy's story

Posted by desperate\_teddybear - 15 Dec 2010 17:59

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i missed thta....have to go back i thought we were just having fun by being crazy and jumping into ice-cold water. i am too literal, i think.

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 Dec 2010 18:05

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i am the same way, too literal sometimes, taking words at face-value....

but rebbe b was coming from his thread with the porn=locked in amusement park idea

i am nominating you as Time Magazine **Teddybear of the Year**

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Re: Zemmy's story

Posted by bardichev - 15 Dec 2010 18:13

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[d\\_teddybear wrote on 15 Dec 2010 17:59:](#)

i missed thta....have to go back i thought we were just having fun by being crazy and jumping into ice-cold water. i am too literal, i think.

nahh u are just canadiennnnnnnnnn

you guys love winter

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Re: Zemmy's story

Posted by desperate\_teddybear - 15 Dec 2010 18:21

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ts really cold you might lose a digit or two

but its funn

hey hey

cmon in

its a day of funnn and games

freeeeeee

ok now i get it. fun and games yaaaaaaaaaay so free. who cares about little unimportant things like losing fingers.

ouch.

that was a good mashal.

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Re: Zemmy's story

Posted by ur-a-jew - 15 Dec 2010 18:39

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[ZemirosShabbos wrote on 15 Dec 2010 17:49:](#)

[bardichev wrote on 15 Dec 2010 17:45:](#)

what did we gain by going to great adventures today!!??

we gained a gevaldiger moshol of what chasing lust is like.....

thank you rebbe b!

GYE's very own Rebbi Nachman. "Others tell stories to put people to sleep, but Bards tell stories to wake people up."

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Re: Zemmy's story  
Posted by briut - 16 Dec 2010 03:46

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Zemmy's thread: always a (g)reat (a)dventure.

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Re: Zemmy's story  
Posted by ZemirosShabbos - 16 Dec 2010 15:26

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thanks!

it's wayyyyyyy cheaper than Great Adventure and here the Safari and the rides are all in one

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Re: Zemmy's story  
Posted by briut - 16 Dec 2010 17:46

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Hunnh? The safari and the rides are in one spot? You mean all the vilde chayos here are the ones riding the roller coaster? What are you talking about??

Oh, I see. On further reflection you've probably hit it right on the nose. We're all trying to become more civilized and the road has its share of ups-and-downs. Ah, so!

You can be so profound in your simplicity - I almost missed the ikkar. Thanks.

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Re: Zemmy's story

Posted by desperate\_teddybear - 16 Dec 2010 17:57

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ahahha 'almost missed it'

briut dude i would have totally missed the WHOLE thing were it not for you. thanks for being RASHI.

oyoyoy i'm so slow sometimes.

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Re: Zemmy's story

Posted by ZemirosShabbos - 16 Dec 2010 18:07

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Briut-Rashi, thanks for the laughs

i think you are profoundisizing my simplicity....

Teddy, i also missed the whole thing

i just meant that i feel like one of the vilde chayos going on a ride sometimes

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Re: Zemmy's story  
but your p'shat is better!  
Posted by bardichev - 16 Dec 2010 18:14

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kulanu libillys

(Psssst ex- billys brother in law is my kickboxing teacher)

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Re: Zemmy's story  
Posted by desperate\_teddybear - 16 Dec 2010 18:15

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[bardichev wrote on 16 Dec 2010 18:14:](#)

(Psssst ex- billys brother in law is my kickboxing teacher)

protectzia man

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