

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 bardichev - 03 Nov 2010 21:39

as paull hrvey would say

noww

pause

you knowww

pause again

thehhh

little pause

rest of the story

pausepause

goood day

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Re: Zemmy's story

Posted by ZemirosShabbos - 03 Nov 2010 21:41

rebbe, hub rachmunis, which chasidishe sefer can i learn to find out about rav paul harvey? i never bumped into him (yet)

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Re: Zemmy's story

Posted by ZemirosShabbos - 03 Nov 2010 21:51

forget it, rebbe, i checked on wikipedia and he did not even wear a bekishe so i don't think i can

and i have a really good shtickel Likutei Imrei Chaim for you this week. coming up soon. (have to check the loshon so i get it right)

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Re: Zemmy's story

Posted by bardichev - 03 Nov 2010 21:52

uhh ahh zeas lebbin off deer

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Re: Zemmy's story

Posted by Yosef Hatzadik - 03 Nov 2010 21:53

GEVALDIGGGGGGGG!!!!!!

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Re: Zemmy's story

Posted by 1daat - 04 Nov 2010 04:44

Gonna be gone till Mon. Just wanted to wish you a Good Shabbos. And thank you for all your help and support.

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Re: Zemmy's story

Posted by ovadia - 04 Nov 2010 11:21

[ZemirosShabbos wrote on 03 Nov 2010 21:51:](#)

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Neither did bill Wilson and he was HaShem's Shaliach to us.

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 14:21

[ovadia wrote on 04 Nov 2010 11:21:](#)

[ZemirosShabbos wrote on 03 Nov 2010 21:51:](#)

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Neither did bill Wilson and he was HaShem's Shaliach to us.

i have to go check wikipedia for this guy too. i sure hope he wore a bekishe, or at least enjoyed

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learn from him.
Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 14:22

[1daat wrote on 04 Nov 2010 04:44:](#)

Gonna be gone till Mon. Just wanted to wish you a Good Shabbos. And thank you for all your help and support.

have a great shabbos reb 1daat! i'm sure you will come back chock full of great spirit, great

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ideas and great Woodford

Re: Zemmy's story
Posted by briut - 04 Nov 2010 16:02

[ZemirosShabbos wrote on 04 Nov 2010 14:21:](#)

Neither did bill Wilson and he was HaShem's Shaliach to us. [...] i have to go check wikipedia for this guy too. i sure hope he wore a bekishe, or at least enjoyed some kishka once in a

while...

Bill W is responsible for Alcoholics Anonymous, the 1st 12-step program.

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 16:14

thanks Briut!

in that case hats off (and shtreimels) to the guy!

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Re: Zemmy's story

Posted by Yosef Hatzadik - 04 Nov 2010 16:15

What about my *Kapelitch*?

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Re: Zemmy's story

Posted by ZemirosShabbos - 04 Nov 2010 16:56

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Re: Zemmy's story

Posted by bardichev - 04 Nov 2010 17:12

KUTCHMAS

Kolpiks

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