

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.

=====

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 01 Mar 2011 16:51

why should i be dizzzzzzzzzzzzzzzzzzzzy?

did you spike my killer whale tea?

=====

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 01 Mar 2011 16:53

just got word from the resident animal rights activist who was out on lunch break eating tofu

that the correct name for killer whales is Orca

???? ?????

=====

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 01 Mar 2011 16:55

in unrelated news:

some stress going on over the past few days

relating to the wife

but i am b'h doing much better now

it is marvelous what a 20 minute shmooze with the wife can do

i spoke honestly to her and i feel much better

something much deeper and more precious than just lust

even though that is the touchstone of the Western world and sells everything from copy machines to BBQ sauce

support, understanding and connection trump it any day

yishtabach shemo la'ad

now i am ready to jump in the puddles and sing kumbaya

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 02 Mar 2011 20:05

speaking to a GYE friend and the recent discussions on the forum here about the 12 steps have got me thinking (this is a warning if you want to leave now, before the wood starts burning and

seems like we all need to work a program. a program to help us keep our values and goals in our mind. life has a way of catching a person in its flow and getting us caught up in surviving. we need to live, not just get by. the world is called 'olam', similar to 'he'elem' which means 'concealed'. spirituality is concealed is the world and it takes some scraping off of the layers to reveal it.

so if i am addicted to P&M, alcohol, bottle caps or airplanes or if i am just a 'regular' person who

~~go get your galoshes and join me~~

is not self-destructing in practical terms at the moment i need a program. a program to reinforce and keep me thinking and focusing on my values. i like to assume that even people without a porn problem have resentments and fears. i also assume that just because they are not sitting up till 4am with their eyes glued to the walruses on the screen debasing themselves they can still use guidance and priority-straightening.

doesn't the gemara say that some things need chizuk every day? torah tefila derech eretz and another which i don't remember. we can learn mussar, daven, listen to a shiur or a shmooze, meditate, write poetry, paint, do chesed, ~~kickbox~~ - whatever works for you to keep you living and giving and not taking and dying.

so the people who go to SA or any -anon society have it good in a way, because they have the program which forces them to raise their life up, to be conscious and striving to live real life. people who are not in that fellowship have to make their own.

does that make sense?

i will go rest my brain for a while and refill the radiator with coolant, i think it is overheating

=====
=====

Re: Zemmy's story

Posted by Yosef Hatzadik - 02 Mar 2011 20:34

A LOT of sense! :-*

=====
=====

Re: Zemmy's story

Posted by ur-a-jew - 04 Mar 2011 14:47

Yes it makes sense. I would put it a little differently. An addiction when treated properly is actually a blessing in disguise since the treatment will teach how to live life the way Hashem meant us to live it. It teaches us to be real people inside. It forces you to make a chesbon

hanefesh. A person who is doing the steps can't live superficially. If they are its only because they are not doing the steps. So while the addiction is gut-wrenching and can bring us to the brink of destruction the treatment brings us way higher than we could have ever imagined. Unfortunately for those who don't have the disease they just sometimes go through the motions of life but never really get anywhere. Just read the intro to chovos halevovos the key is the avodas halev. That avodah is worked on constantly through the steps. Good shabbos, congrats on 2000 and glad to see tea time is working out.

=====

Re: Zemmy's story

Posted by Me3 - 04 Mar 2011 16:20

I think Rabbi Twersky says that the 12 steps are really for everybody, even non-addicts.

=====

Re: Zemmy's story

Posted by ur-a-jew - 04 Mar 2011 16:33

[Me3 wrote on 04 Mar 2011 16:20:](#)

I think Rabbi Twersky says that the 12 steps are really for everybody, even non-addicts.

I agree but try convincing them of that. It's hard enough to get an addict to see that he needs them.

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 04 Mar 2011 16:36

Me3, thanks for that quote, do you know where he says that?

i heard from an adam gadol (rebbe/rosh yeshiva) that today the primary focus of chassidus should be on trying to live torah and mitzvos without it being '*mitzvas anashim melumada*', by rote/habit/peer pressure, rather focus think and appreciate what is being done

very well said UAJ (as usual)
great to see you and thanks for the well wishes

have a great shabbos (and tea time!, it's a life saver)

credit is due where it's due

the first time i saw tea time mentioned was in a post by **Dov in Israel**

suggesting to someone to make 20 minutes a day to sit with the wife and talk

10 minutes talking for him, 10 minutes talking for her, no interrupting, just listening

helps keep the focus on the wife as a person/friend and not the local lust opportunity

it's a great thing to do, can help loads with making a marriage better and to keep the connection alive through the (sometimes) hectic and busy life

Thank you Dov.iii!

=====
=====

Re: Zemmy's story

Posted by pinokio - 08 Mar 2011 12:57

zemmo,

u related to harpo chico groucho and zeppo? i think mo from three stooges was at my dads bar mitzvah

anyways, i see ur too busy tending the possum saplings to keep up the thread, between saving

other gye's and painting pictures of norwegian war men....

=====
=====

Re: Zemmy's story

Posted by ZemirosShabbos - 08 Mar 2011 15:43

hi tzadik, nice of you to stop by my humble abode and check on the possum saplings

i think the three stooges were booked on my dad's bar mitzva night, i think he might have used
Abbott and Costello Shmeltzer

with much thanks to the Almighty i am currently clean and mostly sober and fortunate to have
some very dear friends from GYE who can knock sense into me if i cannot walk a straight line
on my own.

truly my cup runneth over.

yishtabach shmo!

=====
=====

Re: Zemmy's story

Posted by ZemirosShabbos - 08 Mar 2011 15:51

a smart friend of mine just told me this line and it is a great lesson

Each day is a new experience with its own difficulties. But each day is also a great learning
experience.

=====
=====

Re: Zemmy's story

Posted by pinokio - 10 Mar 2011 16:47

you know, curly was purim rav in ponovitch for many years....

kot

=====

=====

Re: Zemmy's story

Posted by Me3 - 10 Mar 2011 19:55

[ZemirosShabbos wrote on 04 Mar 2011 16:36:](#)

Me3, thanks for that quote, do you know where he says that?

i heard from an adam gadol (rebbe/rosh yeshiva) that today the primary focus of chassidus should be on trying to live torah and mitzvos without it being '*mitzvas anashim melumada*', by rote/habit/peer pressure, rather focus think and appreciate what is being done

great to see you and thanks for the well wishes

have a great shabbos (and tea time!, it's a life saver)

credit is due where it's due

the first time i saw tea time mentioned was in a post by **Dov in Israel**

suggesting to someone to make 20 minutes a day to sit with the wife and talk

10 minutes talking for him, 10 minutes talking for her, no interrupting, just listening

helps keep the focus on the wife as a person/friend and not the local lust opportunity

it's a great thing to do, can help loads with making a marriage better and to keep the connection alive through the (sometimes) hectic and busy life

Thank you Dov.iii!

Dear Rabbi Twerski,

There has been a lot of discussion lately on our forum about the 12-Step SA groups, and if there might be potential problems for frum yidden in these groups, and if there might be some way to develop a Torah based 12-Step program, what are the cons, what are the pros, and at what stage should we send someone to the groups, are they for everyone? Can they do any harm to someone who doesn't really need them? etc..etc.... The Rav can see the last page of this discussion over here. Although this is only one page, the discussion spans already 14 pages of posts (see the small numbers at the top and bottom to go from page to page)...

If the Rav has time to read a little about the what's being discussed there, at least on this one page, and the different view points offered there, then perhaps the Rav can send us some hadracha on the matter, it could be very enlightening and useful to our network.

Thank you so much.

Rabbi Twerski Responds:

Many years ago, I was asked, Why don't we have a recovery program based on Mussar? I wrote the book "Self Improvement? I'm Jewish!" with such a program, and said, "turn the page and read the 12 steps." It's the same thing.

Twerski

Other places too, I'm sure but this quote is right from this site.

=====

=====