

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 Yosef Hatzadik - 10 Mar 2011 20:56

[Me3 wrote on 01 Mar 2011 01:24:](#)

Yosef Hatzaddik, clearly you are entitled to your own opinion. That said you end off by saying you are not an addict, and you came here seeking yiddishkeit? If so I suggest you leave as this site is intended for addicts.

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

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

[Me3 wrote on 10 Mar 2011 19:55:](#)

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

;D

=====

Re: Zemmy's story
Posted by Me3 - 10 Mar 2011 22:00

???

=====

Re: Zemmy's story
Posted by Yosef Hatzadik - 10 Mar 2011 22:38

A taste of my own medicine?? ;D ;D ;D ;D

=====

Re: Zemmy's story

Posted by Shteeble - 13 Mar 2011 21:44

;D ;D ;D

=====
=====

Re: Zemmy's story

Posted by ZemirosShabbos - 14 Mar 2011 19:28

lately i have been giving a lot of consideration to joining a 12 Step phone group. not so much for the sake of changing behaviors, rather for changing attitudes. to release resentments and fears, be less focused on myself and to live life instead of just surviving. i cannot say my life is unmanageable. for a while i haven't done self-destructive behaviors like porn-viewing. but that doesn't mean that the attitudes and root-factors that caused it are suddenly converted to light and grace. maybe that's called 'hitting bottom while on top'.

often i wish i could just present my questions to someone who could tell me exactly what needs to be done. spelled out in black and white. and that i should be convinced of their truth (that might be the hardest part...). sometimes i feel that i think too much for my own good. ???? ???
???? ??????. i need to realize that i cannot figure everything out. not the world, not the Torah, not Hashem, not myself. not even possum farming. and guess what? i am not expected to have all the answers.

on further thought, it seems that doubts, challenges and hardships are part and parcel of life. no use in wishing them away. the point is to learn to live with them. make lemonade out of the lemons. please pass the citrus juicer...

=====
=====

Re: Zemmy's story

Posted by Yosef Hatzadik - 14 Mar 2011 19:33

If you do decide to work the 12 Step Program, you must dive in. Completely. It will NOT work its magic if you just stand on the sidelines & evaluate each step how it works, why it works, will it work for me, etc. First do it. If you see results, thank Hashem! If you don't..... [size=7pt]

=====

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 14 Mar 2011 19:36

good point, i guess you take out what you put in

=====

=====

Re: Zemmy's story

Posted by pinokio - 15 Mar 2011 08:49

I FOR ONE PLAN TO join a circus group of sa as soon as possumible

i'm messed up

they 've got powerful stuff

i will put it in my brain

it'll help me advance mach 50 in recovery

i will begin to learn how to live fully and normally

nothing to lose

all to gain

let them see my face, hear my stories

we all have skeletons in the closet

and rid

and a card to the jcc

so next stop sa/phone group city

embarrassed? so therefore i shoud instead keep fantasizing about my " " 's ****

or act out while looking at ***** ***** * **** *****?

havey az kanamer, this is my life, and i will fix it

=====

=====

Re: Zemmy's story

Posted by bardichev - 15 Mar 2011 12:25

Weird wild wallabbe wishes wax-n-wane

Waaaaallllla!

=====

=====

Re: Zemmy's story

Posted by ur-a-jew - 20 Mar 2011 15:20

I was walking down the street and my kids said look at that guy he's dressed like a giraffe I said I know who that is, its the Zemiros Shabbos. They said "huh" you said the same think when we saw a possum last block and a green elephant two blocks ago. I said I guess I'm foncused it is purim you know. Ah freilchin purim. Well I'm glad they didn't ask me whose has a name like zemiros shabbos? Ah freilchin purim.

=====

=====

Re: Zemmy's story

Posted by Shteeble - 20 Mar 2011 15:42

Does anybody know Zemmy's address?

=====

=====

Re: Zemmy's story

Posted by ur-a-jew - 20 Mar 2011 16:44

The Wildlife Conservation Society

Bronx, NY 10460

=====

=====

Posted by Shteeble - 20 Mar 2011 18:04

```
let'ssssss qooooooooooooooooooooooooooooo!!!!!!!!!!!!!!!!!!!!
```

save some for me

=====

=====

Posted by ZemiroShabbos - 21 Mar 2011 15:42

any livestock need at least a week's supply of feed and a manual

if there is a chair around its neck please deliver it to the Bardstown Zoo

i had a thought on Purim, after kos shemini, in middle of dancing in endless circles

what is the point of the dancing? around and around and around, we just keep coming back to the same place, again and again.

then i thought that that is life. often we feel we are running in circles and not getting anywhere. but we are like worms under a rock, we think that life is limited to what we can see at the moment. we are just bozos on the bus. we are being LED. Hashem is making things go 'round. relax and enjoy the ride. ????? ?????? ??? ????? ???.

but it is vital that you hold on to the person on either side of you, so that you don't get dizzy and

lechaim!

=====

that you stay on track... did someone mention GYE?