

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 ben durdayah - 23 Mar 2011 18:33

Moiradigge Verter!

Shkoiach Mouse!

Shkoiach Zemmy!

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Re: Zemmy's story

Posted by Yosef Hatzadik - 23 Mar 2011 18:48

[ben durdayah wrote on 23 Mar 2011 18:33:](#)

Shkoiach Guard! (*Where's Yosef HaTzaddik?*)

www.guardyoureyes.org/forum/index.php?topic=650.msg101739#msg101739

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Re: Zemmy's story

Posted by ben durdayah - 23 Mar 2011 18:55

I knew you'd take the bait!

You're gevaldigggggggggggg!

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Mar 2011 19:06

[ben durdayah wrote on 23 Mar 2011 18:55:](#)

I knew you'd take the bait!

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fishing is by permit! >

Re: Zemmy's story

Posted by ben durdayah - 23 Mar 2011 19:09

I got my fishing and hunting license directly from Billy the Kickboxing Instructor/Assistant to the Deputy Director In Training of the DPW of Bardsville County!

Don't tell me it's not valid on your thread!

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Mar 2011 19:39

as long as it has a hologram image of the Rebbe Reb B's gefilte fish and his possum flanken it should pass muster

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Re: Zemmy's story

Posted by Sophomore - 24 Mar 2011 00:57

Why is it that I start wandering around the territory and end up finding a coupl'a meshugginers trapped in a hunting lodge or something. Should I be worried about guarding something beyond just my eyes, or did I just find a stray moment of levity in the context of a lot of GYE work....

I'm gonna hafta get a better road map.

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Re: Zemmy's story

Posted by pinokio - 24 Mar 2011 14:34

just checking in

oy, if only this thread was inbreak free, i wouldnt need to click one extra time to come here

kinda like my life-if i just got up 15 min. earlier, i'd be ontime for shacharis every day.....sounds so simple

wimple

pimple

dimple

simple

Gimpel

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Re: Zemmy's story

Posted by ZemirosShabbos - 24 Mar 2011 14:41

public service announcement:

last call for breakfast in the Lodge Dining Room, come get your scrambled lobster eggs with green coffee and porcupine waffles before we start serving lunch.

special discount if you have pimples dimples or are named Gimpel. Sophomore's get special rates, check your hunting and fishing license for a Soph logo.

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Re: Zemmy's story

Posted by pinokio - 24 Mar 2011 14:43

magilacutty! what r u doing in a place like this?!!!

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Re: Zemmy's story

Posted by ZemirosShabbos - 24 Mar 2011 15:50

vuss is duss 'magilacutty'?

is he 45th or 48th?

r' aron or r' zalman leib?

monsey or bnai brak?

mir or brisk?

harvard or yale?

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Re: Zemmy's story

Posted by pinokio - 25 Mar 2011 11:01

zem, this one's hot off the press

i honor you BECAUSE you are honorable (and because i forgot which thread was discussing this just an hour ago...or was it the chizuk email? or shili rand?...):

30)-If we cannot clearly see how recovering in any addiction is immediately connected to every single fiber of becoming great and successful as Torah Jews (which is a gross misunderstanding), then we have not become further from the truth. To explain:

As religious Jews, we say everyday in shoneh esray "p'sach libi bisorasecha". We all express interest in improving in various areas of yiddishkeit, such as Torah study, tefillah, shalom bayis, or emunah. The Gra (Even Shleimah 2,1) says that attainig these things is not possible in any signifacant sense, until we first stop molding our lives around ta'avah. Not only do we say "p'sach libi bisorasecha" specifically for God to help us stop craving for constant self-pleasure

(Gra there), but the Gra goes further to say (from medrash Tanna Dbei Eliyahu 26) that before one concentrates on this prayer, he should be concerning himself with prayer to God to help him stop running so much after pleasure, and to recover from his wild ta'avos.

The idea that the Gra says (there) is that it is not possible for a person to really toil to become a Torah scholar, a giving husband, or father, when our mental state is always concerned with whatever we desire to help us sit and self-pleasure ourselves in our homes.

In order to get up with alacrity and become a selfless person instead of a selfish one, and to do real service for Hashem and for our families, we have to get rid of living in this mental state and purge it from our lives. Then, one can (dare to) open his mouth in prayer to ask God to assist him in opening his heart to the Torah, AFTER he himself has done his own prerequisites.

We often cannot relate to the amazing selfish acts that we hear Gedolim did in the stories at the shabbos table. We feel this has no remote connection to our own miserable level. We often forget that it was years of work in areas such as ridding themselves of this mental state, to be able to "create" those stories and be so selfless for klal yisrael, their talmidim, and families (on this idea, see "Eye of the Storm" by R' Ahron Feldman).

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Re: Zemmy's story

Posted by bardichev - 25 Mar 2011 11:09

Particularly prolonged post.

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Re: Zemmy's story

Posted by pinokio - 27 Mar 2011 08:50

ggggggggggoooooooood morning rebby zem!

how are u and your struggles today?

what are they?

how are u faring?

what wisdom can u impart onto us drunken sailors today?

aaarhg, off in port she blows

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