

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 ben durdayah - 14 Apr 2011 21:46

Aw shucks...

I can't help but getting all choked up.

May you truly find inner and outer harmony with yourself, your family and friends, and of course the RBSO, this and in all the rest of your years ad meah v'esrim shono!

But from now on i'm going to be looking a little funny at anyone who I see drinking banana liqueur with gusto, to see if he's also wearing brill shoes!

E

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 15 Apr 2011 15:56

thank you UAJ, Yosef and EBD for your kind words

I won't be home or online much over Pesach.

Wishing everyone a clean, sober, kosher and joyful yom tov, with true freedom, true humility, and true simcha.

I hope to enjoy the time with my family, away from work, with more time to learn, daven, star-gaze, smell the flowers, roll down hills, eat chocolate covered macaroons and catch up on back issues of Olomeinu.

?? ??? ?????

=====

=====

Re: Zemmy's story

Posted by 2nd-chance - 18 Apr 2011 03:00

gut yomtif

=====

=====

Re: Zemmy's story

Posted by mnman415 - 29 Apr 2011 22:09

zs, pesach is over (but the insparation we got from it is never over) and we are ready for your grand re-appearance

=====

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 02 May 2011 16:17

here is my grand re-appearance, though it may be rather un-grand and appearances are rather lacking on an anonymous forum.

the discussion's on Tzadik90's and EBD's threads about egocentricity and the need to be in control resonate with me and shine light on my own situation and struggles. specifically in regards to my wife. i find that to be the primary area where work is needed to accept appreciate and give. as opposed to fighting, demanding and taking.

there is a Chassideshe saying that is repeated in various forms about the wish to say one word with emes to the RBSO. when i was young i would subconsciously wonder why the negativity and the feelings of under-achievement that this idea highlights. recently it it a lot easier to grasp. a person can go through all the motions. learn, daven, do some chessed, shake lulav, go to the mikva, smell besamim on friday night, eat melave malka and sing all the zemiros (even Agil Ve'esmach), say nishmas for a half-hour with tears and sweat and still just be a big EGO.

iirc, the Komarna Rebbe in Heichal Habracha quotes the Bal Shem Tov that there is a tzadik who hears torah from the RBSO Himself, and yet he fears that he might fall into nukva de't'homa raba.

far be it from me to be like that tzadik, but i do sing Agil Ve'esmach...

???? ???? ????? ????

=====

Re: Zemmy's story
Posted by Yosef Hatzadik - 02 May 2011 16:34

[ZemirosShabbos wrote on 02 May 2011 16:17:](#)

???? ???? ????? ????

=====

What is the word ???? referring to?

Is it describing ????? That it should be REALLY pure? Free of ANY vestige of ego?

Is ???? the issue? Not only the thoughts of the mind, not the external actions, but the emotions of the heart?

Is it referring to ?????? To really WORK, not just to go through the motions?

Or is the punchline ?????? To do it all for Hashem's sake, without ANY ulterior motives?

=====
=====

Re: Zemmy's story

Posted by ZemirosShabbos - 02 May 2011 16:37

they all sound pretty good...

=====
=====

Re: Zemmy's story

Posted by pinokio - 03 May 2011 01:42

keep it up, jammy

=====
=====

Re: Zemmy's story

Posted by mnman415 - 03 May 2011 01:57

=====

=====

Re: Zemmy's story

Posted by Shteeble - 03 May 2011 03:08

idk the niggun for agil ve'esmach..... so idk how well i can relate

I can relate to HS

=====

=====

Re: Zemmy's story

Posted by Yosef Hatzadik - 03 May 2011 15:55

[HashemsSoldier wrote on 03 May 2011 01:57:](#)

Whadaya expect? YOUR name isn't **ZemirosShabbos!!!!** ;D

=====

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 03 May 2011 16:44

and for anyone who wants to learn a tune for Agil Ve'esmach, you can check out Yosef Karduner's Melava Malka CD (after sefira).

=====

Re: Zemmy's story

Posted by Yosef Hatzadik - 03 May 2011 16:48

Seudas Melava Malka is one of the Seudos of Kovod Shabbos!

The loshon of the Rosh in Orchas Chaim is:

Kabeid ess hashabbos b'kinsaso u'beyetziaso laaroch shilchan b'motzai shabbos.

=====

Re: Zemmy's story

Posted by ZemirosShabbos - 05 May 2011 20:24

one of my co-workers was a having a problem with her computer and asked for assistance. she was unable to move anything around on her screen, only in horizontal or vertical straight lines. closing and re-opening the file did not help, as did restarting the computer. she called me back to see if i could come up with any other ideas. we then noticed that a stack of paper was lying on the very top edge of the keyboard and it was depressing the 'escape' button. moving the papers off the button restored complete functionality.

the message seems obvious.

living by constantly escaping paralyzes us

=====

