

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 Yosef Hatzadik - 05 May 2011 20:30

Someone suggested I write;

Zemiros for Prez!!!!

What do you guys think, is it a good idea??

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Re: Zemmy's story

Posted by heuni memass - 05 May 2011 20:43

who will help the co-worker?

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Re: Zemmy's story

Posted by ZemirosShabbos - 05 May 2011 20:57

as long as Trump doesn't ask for my birth certificate, giraffes don't usually get them

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Re: Zemmy's story

Posted by mnman415 - 08 May 2011 03:54

[ZemirosShabbos wrote on 05 May 2011 20:57:](#)

as long as Trump doesn't ask for my birth certificate, giraffes don't usually get them

you just dont know the right giraffes. the ones that i know have them

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Re: Zemmy's story

Posted by Shteeble - 08 May 2011 14:11

Zemmy, if you were prez, you would need a lot of tall limousines.

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Re: Zemmy's story

Posted by ur-a-jew - 12 May 2011 16:59

[ZemirosShabbos wrote on 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

At the same time we can't lose sight of the fact that the computers do come with an escape button (which is a good thing so long as it's not overused).

I just got away for a couple of days and when we were driving down my wife commented that she felt a little guilty that maybe she's too spoiled in that we go away. One of our neighbors never goes away. I assured her that she should not worry since such trips are a necessary part of being a good parent and for happy marriages. Well after traveling 100 miles, we went out to eat that night and who was there, none other than another of my next door neighbors who was also getting away for the night. Then on the way back we were listening to a CD from Rabbi Brezak on parenting and he was commenting on the need for taking a break. He described how early on in his marriage he went to a certain chosheva "frum" rov on a Friday afternoon since he wanted to learn some geshmaka niggunim for his shabbos table. He was quite surprised to see this Rov wearing an apron and serving his kids an erev shabbos meal. He asked the Rov where his wife was. To which the Rov responded, she's at the public library, she goes every Friday. A surprised Rabbi Brezak asked the "frum" Rov, what's she doing there? And the Rov responded in a hushed voice: "It's a library and you have to be very quiet, and my wife enjoys the quiet." The point is, escape buttons are put there for a reason, but as ZS so eloquently put it, if you abuse them you are in for a problem.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 12 May 2011 17:08

Welcome Back!!!!!!!

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Re: Zemmy's story

Posted by ZemirosShabbos - 12 May 2011 17:23

that's a great point reb UAJ! and welcome back

i was also away for 2 days (*was that you in the Hawaiian shirt hawking Post-It notes in front of*
) and had a similar discussion with my wife. she said that she is happy that our
kids see that we go away periodically as it is important for a marriage to spend time together
other than the serving cleaning disciplining and refereeing.

seems like vacation is like shabbos in a way. it's great fun and a good idea but the trick is to
carry over the benefits into daily life.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 12 May 2011 17:52

How often do you guys go for these mini-vacations?

How often is called 'periodically'?

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the museum?

Re: Zemmy's story

Posted by ZemirosShabbos - 12 May 2011 18:02

Yosef, in your case i think once as week is sufficient. sort of like showering.

right now i go once a year, conditions permitting. but there are no rules about it. just do what works.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 12 May 2011 18:39
just kidding

[ZemirosShabbos wrote on 12 May 2011 18:02:](#)

Yosef, in your case i think once as week is sufficient. sort of like showering.

A shower on Erev Shabbos should be enough.

[HashemsSoldier wrote on 22 Dec 2010 02:28:](#)

go from erev shabbas to erev shabbas, what a
kaavod for shabbas, the only shower one takes a weak is for shabbas..... gevaldik!!!! ;D

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Re: Zemmy's story

Posted by ZemirosShabbos - 17 May 2011 15:23

The Bird, the Window and the Rov

This tale took place this week. In the local shul the windows are really high and wide. There are trees outside the windows and often birds come and sit on the branches. For the last few days a robin has been coming to the tree in front of the shul and after a few minutes it flies straight into the glass of the window, seemingly wanting to get in, not realizing that the glass is there.

What is surprising is that after flying into the glass and being brought to an abrupt halt it doesn't just fly away, it goes and sits on the tree, looking at the window. after a few moments it flies right back at the window, with the same results. It has done this dozens of times.

This morning someone had yartzeit and a few guys were sitting around eating and drinking lechaim. Someone mentioned the bird and how it keeps flying into the glass. I had thought to myself how this bird is teaching a lesson that addicts really need. Expecting different results to be caused by the same action is silly. Lust really will make me miserable, just like last time i tried it, even though this opportunity seems so geshmak and it really is not so bad and it will only be once etc.. Promising myself that this time i really really REALLY will stop will also probably only work as well as the last time i said that.

The Rov said that we should learn from the bird's persistence. He keeps on at it, even though he failed earlier attempts.

Of course someone also piped up that the bird is a gilgul and wants to come into shul.

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Re: Zemmy's story

Posted by heuni memass - 17 May 2011 16:53

ZS, that's what it's all about - learning from the creation around us. Amazing.

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Re: Zemmy's story

Posted by ur-a-jew - 17 May 2011 17:39

[ZemirosShabbos wrote on 17 May 2011 15:23:](#)

"we report, you decide"

Escape buttons, and window crashers, this moshul man is really really good.

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