

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 - 22 Jun 2011 21:00

Is the Bardichever Rebbe hijacking the thread of the Giraffer Rebbe??

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Re: Zemmy's story

Posted by ZemirosShabbos - 22 Jun 2011 21:13

he is only hijacking the back seat

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Jun 2011 15:47

today's dose of Back-seat Bards, a.k.a. the world's most friendliest funniest and gevaldiggggggggggggggest ice cream truck driver rebbe:

I'm too busy with this little hobby called life, I've got no time for distractions

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Re: Zemmy's story

Posted by Yosef Hatzadik - 23 Jun 2011 16:05

Why don't you post all these inter-galactic communiques in **Bardichev's** own thread?

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Re: Zemmy's story

Posted by ZemirosShabbos - 23 Jun 2011 16:13

maybe i'll put up a little kiosk and sell caps, t-shirts, keychains, and gebentch Woodford flasks

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Re: Zemmy's story

Posted by ZemirosShabbos - 24 Jun 2011 17:15

Daily Dose of Bards:

Living and Life:

Living is an involuntary action. Breathing. Heart beating. Ppl in jail. Ppl in hospital. Ppl in the clutches of addiction are also alive. But if u live to LIVE!

it boosts tourism to my thread

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Re: Zemmy's story

Posted by ur-a-jew - 24 Jun 2011 20:34

I think something got lost in the translation when it went from the back seat to the front. Either that or I'm just slow today. Won't be the first time.

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Re: Zemmy's story

Posted by ZemirosShabbos - 26 Jun 2011 04:17

here is what the rebbe meant, imho:

a person can be alive by virtue of his not being dead. that includes deathly ill people in the hospital r'l, in jail, crack addicts shooting up in the alley, suicide bombers before detonation and so on.

alternatively, a person can be full of life. with a spark in his eye, a skip in his step and a song. the difference is like saying "i want to live" in a soft monotone or saying "I want to LIVE" emphatically and with force (stamping on an empty box-drink while saying 'LIVE' helps illustrate

if you ask nicely you can stand on the running boards and shuttle between the front and back seats

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Re: Zemmy's story

Posted by ZemirosShabbos - 27 Jun 2011 15:00

Bards' message of the day:

Don't waste time(life)

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Re: Zemmy's story

Posted by ZemirosShabbos - 29 Jun 2011 20:23

R' A.J Twerski in his book "Addictive Thinking" (which i borrowed from a fellow GYE-member, thank you!), has a great illustration of an addicts mind and how it wants instant gratification.

Someone shows up with boxes of 'good stuff' from South America, promising a high greater than the highs of marijuana and cocaine combined. Price is only \$2 a hit. Sounds better and cheaper than anything anyone has ever seen. A guy says give me \$100 worth. As he is leaving the seller says, "by the way, there is one thing you should know before you go. It takes 48 hours from when you take the pill until you start feeling the results." The guy walks away disgusted, saying "keep it".

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Re: Zemmy's story

Posted by ZemirosShabbos - 29 Jun 2011 20:49

pulling in to a service station on Interstate 90 of the GYE network for a quick 20-point inspection

i am triggered by women i see, in the street and in other places

the thoughts and ideas that come into my mind are often wrong, addiction-generated and destructive

i am triggered by some stories on GYE

i compulsively check GYE often

need to think less about myself and more about others

need to think less and do more

need to remember my priorities

need to remember that Hashem is not a boogyman

at the same time

since coming to GYE my life has improved in many areas by leaps and bounds

better marriage

shmiras einayim

more accepting

less selfish

more honest

made some special friends

relating to Hashem in a better way

thank you Guard and thank you to all my dear precious friends

and most of all Thank You Hashem

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Re: Zemmy's story

Posted by ur-a-jew - 29 Jun 2011 21:39

[ZemirosShabbos wrote on 29 Jun 2011 20:49:](#)

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[bardichev wrote on 07 Sep 2010 18:30:](#)

TATTE IN HIMMEL!!!

Mi kiamcha yisroel!!

Mi kibincha zemmy

My zaydeh the heligger kedushaslevy

Will take this post and SHOW the tatte in himmel

What kind of kinder he has

Gevaldiggggg

Mazal tov!!!

Woowww!!!

KEEP ON TRUCKING

This is a zechus for u

For ur family

For the Guard

For the forum

For all of klall yisroel

Gedolah teshuvah shemagaass ad kisai hakovod

Its time for the tatteeh in himmel to see

We don't want shmuts

We don't want all the ekel packaged in technology

We want!!! YISGAdAL

Viyiskadsh shmai rabbaoh!!!

Oy yoy yoy yoy Yoooy

Bardichev

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Re: Zemmy's story

Posted by ben durdayah - 29 Jun 2011 22:14

[ZemirosShabbos wrote on 29 Jun 2011 20:49:](#)

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Thank **you** Zemmy. You're one of the mainstays of the site.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 29 Jun 2011 22:22

[ben durdayah wrote on 29 Jun 2011 22:14:](#)

You're **one of** the mainstays of the site.

huh???

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