

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 ZemirosShabbos - 10 Aug 2011 18:00

a saying for today

The great French Marshall Lyautey once asked his gardener to plant a tree. The gardener objected that the tree was slow growing and would

not reach maturity for 100 years. The Marshall replied, 'In that case, there is no time to lose; plant it this afternoon!'

-- John F. Kennedy

trucking along, busier than usual, which often means more stressful than usual. add to that the

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Re: Zemmy's story

Posted by ZemirosShabbos - 10 Aug 2011 18:01

[Back on Track wrote on 09 Aug 2011 21:06:](#)

being sincerely disturbed enough

you talking about me?

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Re: Zemmy's story

Posted by Back on Track - 11 Aug 2011 00:09

Anyone who is distirbed enuf by there acting out to b considered 'grieving'

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Aug 2011 15:48

i understood, was just kidding around

here is a saying for today

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.

Ralph Waldo Emerson

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Re: Zemmy's story

Posted by bardichev - 11 Aug 2011 15:58

zemmy is drinking

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Aug 2011 16:05

“People are too serious. All the time, too serious.”
celestial tea again :

Tibetan Saying

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Re: Zemmy's story

Posted by ur-a-jew - 11 Aug 2011 19:20

[ZemirosShabbos wrote on 11 Aug 2011 16:05:](#)

“People are too serious. All the time, too serious.”

Tibetan Saying

Wouldn't you be too, if you traveled the world over to find the beautiful and found it not?

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Re: Zemmy's story

Posted by bardichev - 11 Aug 2011 19:22

possums don't drink tea

geshtakltzemgefloygenen saying

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Re: Zemmy's story

Posted by Back on Track - 11 Aug 2011 19:23

[bardichev wrote on 11 Aug 2011 15:58:](#)

zemmy is drinking

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my mom called me 1st night from israel at some crazy hour and said she thought she would get my voiceail and that i would be sleeping... then she told me to drink chamomile tea to help me sleep.... what this has to do with recovery not sure... but its fun to share.

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Re: Zemmy's story

Posted by gibbor120 - 11 Aug 2011 19:25

Please translate geshtakltzemgefloygenen for those of us who are yiddish impaired.

thx

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Re: Zemmy's story

Posted by bardichev - 11 Aug 2011 19:29

[gibbor120 wrote on 11 Aug 2011 19:25:](#)

Please translate geshtakltzemgefloygenen for those of us who are yiddish impaired.

thx

send dov a pm

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Aug 2011 19:32

i have it in confidence from Mrs. Miriam Poppovitch that supercalafragalistic in yiddish is
geshtaltzemfleegen

(seriously, it means about the same thing, basically a word for when all the other words fail, without any real meaning)

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Aug 2011 19:53

[Back on Track wrote on 11 Aug 2011 19:23:](#)

[bardichev wrote on 11 Aug 2011 15:58:](#)

zemmy is drinking

::

my mom called me 1st night from israel at some crazy hour and said she thought she would get my voiceail and that i would be sleeping... then she told me to drink chamomile tea to help me sleep.... what this has to do with recovery not sure... but its fun to share.

if you don't get enough sleep how will you have strength to recover?

and maybe the reason we ever got into trouble in the first place is because we did not go to sleep on time

so keep at the Chamomile tea

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Re: Zemmy's story

Posted by ZemirosShabbos - 11 Aug 2011 19:58

[ur-a-jew wrote on 11 Aug 2011 19:20:](#)

[ZemirosShabbos wrote on 11 Aug 2011 16:05:](#)

“People are too serious. All the time, too serious.”

Tibetan Saying

Wouldn't you be too, if you traveled the world over to find the beautiful and found it not?

seriously jet-lagged?

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