

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 - 12 Sep 2011 18:14

in this economy i was thinking more about Ebay

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Re: Zemmy's story

Posted by Shteeble - 12 Sep 2011 18:19

should be a hot item

so far, looks like there is only one other pupik for sale on ebay...

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Re: Zemmy's story

Posted by obormottel - 12 Sep 2011 20:09

how time flies! another moment, and you'll be getting ready for the chasuna.

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Re: Zemmy's story

Posted by an honest mouse - 14 Sep 2011 13:15

[Yosef Hatzadik wrote on 07 Sep 2011 19:54:](#)

The Malachim came to Avraham Avinu on his Shlishi l'Milah. he served them a meal.

That was his hachnosas orchim, he was mechabeid them by serving them a meal, it wasn't to do with his miloh. (IMHO)

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Re: Zemmy's story

Posted by ben durdayah - 14 Sep 2011 17:15

[Shteeble wrote on 12 Sep 2011 18:19:](#)

should be a hot item

so far, looks like there is only one other pupik for sale on ebay...

Yeah, well that's only because the last five dozen that I posted sold out over the last month.

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ZemirosShabbos wrote on 03 Jan 2011 16:06:

Stress and discontent (among other things) are what drive us to seek out our preferred drug, be it porn or masturbation or whatnot. when those little voices go off in my head saying, "oh, poor me, i did/did not get this or the other thing and i really need it, the wife/boss/friend made a funny-face at me/insulted me, i have too little money/time/kids/cars/houses/ears whatever... why not go for some relaxation and get some much deserved pleasure..."

that is the voice of addiction, the voice of the yetzer hara, whatever you prefer to call it.

trying to sell me a medication that guarantees that i will never finish the prescription, with life-long refills.

lusting will not make me happy, relaxed or feel accomplished. it will destroy my spark of life and turn me into a shell. a spent shell. it will destroy my connection to Hashem, my wife, my kids, my

so if i feel stressed, i at least am aware of the fact and know that i need to keep safe and not vent by taking poison. some may prefer kickboxing. some may prefer jogging, origami, or making some new cholint recipe.

just some chazoreh

classic chizuk

shkoyach r' zemmy

friends and last but not least, to GYE

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Re: Zemmy's story

Posted by gibbor120 - 16 Sep 2011 15:23

[ZemirosShabbos wrote on 03 Jan 2011 16:06:](#)

trying to sell me a medication that guarantees that i will never finish the prescription, with life-long refills.

Great line!

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Re: Zemmy's story

Posted by ZemirosShabbos - 16 Sep 2011 15:33

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Re: Zemmy's story

Posted by ZemirosShabbos - 19 Sep 2011 20:23

it's about living the right way.

so i here are some things that bear repeating and remembering in the hope that they will go from being "al levovecha" to being "besoch levovecha".

1 There is a G-d. and it's not me.

2 Life is not a bowl of cherries. but it's not all pits either. the trick is not chewing on the pits

cause it breaks your teeth.

3 Be a man. not a baby. if someone looks at me crossly it does not mean that i should rent out MSG for a pity party.

4 i have faults. midos that need straightening out. weaknesses. addiction.

5 getting an objective opinion is a wonderful thing.

6 saying 'i was wrong and i am sorry' is a good skill to master.

7 saying or doing something nice for the spouse, a child or a friend is worthwhile even if the inner feeling is not all there.

8 this list is not perfect or complete and neither am i.

cheers

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Re: Zemmy's story

Posted by bardichev - 19 Sep 2011 20:33

wise words ole zemster

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Re: Zemmy's story

Posted by obormottel - 19 Sep 2011 20:37

Very-very good, this last post and also the dug-out previous one. Such Hashgocho protis, too, I needed to hear it today!

I remember drinking all night in yeshiva with my buddies and by the end of the night we inscribed on the dorm door with a magic marker: "There is G-d, and He is the only One".

Silly me (or was it the vodka?), so butchering a wonderful idea: There is a G-d, and it's not me (or, as Dov puts it, not the shiksa's rearend.)

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Re: Zemmy's story

Posted by ur-a-jew - 19 Sep 2011 20:39

[ZemirosShabbos wrote on 19 Sep 2011 20:23:](#)

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Wise words from a wise and humble man. Thank you!

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