

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

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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 skeptical - 02 Apr 2015 00:06

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Mazel Tov!

KOT! KOMT!!

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Re: Zemmy's story  
Posted by inastruggle - 02 Apr 2015 19:42

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"Who is wise? He that learns from everyone. Who is powerful? He that governs his passions. Who is rich? He that is content. Who is that? Nobody."

-Benjamin Franklin

You are a living refutation of this quote.

Learning from everyone even if their avatar isn't nearly as cool as yours.

Controlling your urges for five years in a row.

Content with life even when the mayo is lacking, even when it tastes like mooliv.

Who is that? Zemmy.

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Re: Zemmy's story

Posted by ZemirosShabbos - 02 Apr 2015 22:08

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Checking your ego, abandoning it, letting it go, is a huge part of recovery from addiction.

*Susannah Grant*

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Re: Zemmy's story

Posted by Gevura Shebyesod - 03 Apr 2015 00:33

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Where are those heat-seeking cholent missiles when you need 'em?

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Re: Zemmy's story

Posted by cordnoy - 03 Apr 2015 03:00

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Gevurah!

Sex, Sex, Sex.....switch da number already please!

my ego is currently competing with airliners for airspace....

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Re: Zemmy's story  
Posted by Gevura Shebyesod - 03 Apr 2015 04:17

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Re: Zemmy's story  
Posted by SIB101854 - 03 Apr 2015 18:21

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What a great story! I also have felt an amazing sense of Hakaras HaTov and way of being Tahor since my Eshes Chayil demanded that I seek help and join this site. There is simply no other place on the web where those of us who would go down the twin rabbit holes of porn and masturbation can go, and grow in Kedusha and really develop a sense of Shemiras Einayim.

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Re: Zemmy's story  
Posted by TehillimZugger - 30 Apr 2015 00:10

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WOW!

The mayonnaise to your tuna fish, eh?

I feel so honoured!!!

Cheers to no more Hammer Whacks!!!

No more Tomatoes on Truck!!!

No more hitchhiking with beelzebub spouting pig snout touting Ark drivers!

Plenty more roadkill possum eating emu satiated Giraffes!!!!

KUDOS TO LEFTY MACPHEE AND KING FISHEL!!!!!!!!!!!!!!

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Re: Zemmy's story

Posted by ZemirosShabbos - 30 Apr 2015 21:35

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sonny boy, 'ppreciate you stoppin' by these parts to say hi to an old fellar

may the schwartz be with you,

the wind at your back

the last piece of kugel at the kiddush on your plate

all cylinders running and the shlock should work flawlessly. amen.

did i miss anything important?

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Re: Zemmy's story

Posted by Gevura Shebyesod - 14 May 2015 20:09

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<https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/4508-bardichevs-battle?limit=15&start=2070#120428>

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Re: Zemmy's story

Posted by stillgoing - 14 May 2015 20:47

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Back on Track

I dunno... I thought is someone had more posts than reb guard that the whole world, or at least the whole GYE could revert to tohu vavohu.... Tread very carefully ...so that we all may come out of this alive...m And may the force be with you.

the.guard - Administrator - Posts: **6084**

ZemirosShabbos - Moderator - pass the compote - Posts: **6084**

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Re: Zemmy's story

Posted by cordnoy - 14 May 2015 20:54

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it's "neck n' neck" and what a neck he has!!!!

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Re: Zemmy's story

Posted by Gevura Shebyesod - 14 May 2015 20:58

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And they are both watching that Family Tradition truck looming up quickly in the rear view mirror.

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Re: Zemmy's story

Posted by cordnoy - 14 May 2015 21:13

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[Gevura Shebyesod wrote:](#)

And they are both watching that Family Tradition truck looming up quickly in the rear view mirror.

who is back from his hiatus.

But anyway, nothin' compares to Zemmy's posts.

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Re: Zemmy's story

Posted by ZemirosShabbos - 15 May 2015 15:43

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gonna stick my neck out and say: Bah, humbug