

I Can Run But I Can't Hide

Posted by hechochma - 27 Sep 2023 18:57

Hi everyone!

I'm returning to GYE after about 8 years of running away from my struggles with pornography and masturbation.

Since then I got happily married and am blessed with two beautiful children. My life has changed a lot but one thing that hasn't changed is my struggle with porn.

I'm posting now because I've been inspired to make the decision to face this battle by engaging with it instead of running away from it.

I've lived solely on avoidance for so many years - no internet, no smartphone etc. But over the last two years I found that my all the avoidance in the world won't stop me when I could easily pick up a device from a store while barely making a dent to my bank account - I can't avoid all the wifi in the tristate area or every store that carries phones, tablets etc.

I got rid of the internet in my numerous times - but it didn't do anything

It's hard for me to do this wholeheartedly when all I hear talked about from a Jewish perspective is getting rid of the internet etc

I am making the decision to change my approach today out of my own clarity of my situation - I will not change by doing what I have been doing until now

This morning I fell - which usually leads me to come here and read some posts until I go back to ignoring my problem - and I was blessed enough that eccentriccomposer started the Daily Dose of The Battle of Our Generation which I stumbled upon.

What an incredible book

37 I was very inspired by the following, from Chapter

"We will be challenged no matter how much we shield ourselves — which of course we should nonetheless try to do — and it is our job to win. If we are lazy and think that because we got rid of our Internet access everything will be fine and we don't have to work

on ourselves, we might end up flat on the floor. But if we also work to become masters of ourselves, we will hopefully ace every test

This is how I am reentering GYE -- I need internet access in order to be here - and I need to be here - because nothing else worked so far - not three therapists and not a few Mashgichim and a Rav. They all helped me a lot - but they aren't in the trenches with me so ultimately I need to take on this challenge proactively by living with it - in a positive guilt-trip free - motivated and iyh

successful way

And I need your help everybody - I read around a little bit today (After I fell miserably - okay I know I'm not supposed to say that but I'm not taking it back cuz that's how it feels!) and I am amazed at the deep, practical, positive, down-to-earth and constant posting that goes on here - I would love to be a part of it! (I was particularly inspired by eerie and einshumyeush to give credit where due)

I chose the name HeChochma because the pressure/negativity/intense path does not work for me - the change I hope to achieve by being here is to change by using the wisdom of doing things differently in order to learn to live differently

Just my basic story I'm a little shy of 30, I'm a yungerman and a Rebbe and I've been struggling with Porn for the last 19 plus years - Everything was available in my house growing up - hardcore magazines unfiltered internet etc. You just had to know where to find it - well I found it one day. Can't remember what life was like without porn honestly

Much to my horror in 9th grade I discovered that it is asur to masturbate while I was flipping through an english kitzur shulchan aruch. By eleventh grade I started to talk to my Rabbeim about my struggles - they were all very reassuring and there were better times and worse times, although I was sure that I was absolutely the most horrid person on earth - they did a pretty good job convincing me that I'm absolutely normal - if in a tough spot

Things went up and down and took a turn for the worse as I got to be a little older and more daring - with great siyata dishmaya I never ended up having any falls outside the digital world

I didn't expect getting married to solve my problems - thanks to GYE - and it didn't. Thankfully my struggles with porn haven't done serious damage to my marriage although I had to work out some emotional hangups with a therapist - Thank G-d it has all been up and up

But my struggle with porn has if anything just gone sideways

So I'm here today and I plan bln every day, to read along with the Daily Dose of the Battle of Our Generation, to share the struggle and to fight the battle alongside the ohavei Hashem who shine as bright as the rising sun's rays

!You are all an inspiration and a wellspring of wisdom to me

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 06 Dec 2023 20:41

[youknowwho wrote on 06 Dec 2023 05:59:](#)

Hechochma, don't look now,

But the clock, don't ask me how

Is reading One...ain't that fun?

Till Eerie will come knockin'

On your door, a good hockin',

Gay shoin shlufin, nu!

Or morgan you'll belong in deh zoo!

Regards from the zoo!

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Re: I Can Run But I Can't Hide

Posted by eerie - 07 Dec 2023 00:10

[HeChochma wrote on 06 Dec 2023 20:41:](#)

[youknowwho wrote on 06 Dec 2023 05:59:](#)

Hechochma, don't look now,

But the clock, don't ask me how

Is reading One...ain't that fun?

Till Eerie will come knockin'

On your door, a good hockin',

Gay shoin shlufin, nu!

Or morgan you'll belong in deh zoo!

Regards from the zoo!

Cords, I don't understand. Maybe you can help me. These guys are afraid of ME???!!!

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 07 Dec 2023 05:18

@eerie - I think you may earn your first Karma point from Cordnoy ever.

Day 6:

All was kosher v'yosher today - I slept away the afternoon in the zoo due to my tardiness going to sleep. But otherwise productive today b'h.

Nothing too stressful going on just the regulars - my son is sick, I'm exhausted, guys in Yeshiva are burnt out etc. B'H.

Otherwise life's doing great!!! And GYE rocks. I recently started going through other people's threads and older threads here - it's mind-boggling and fascinating to see one of these threads

from start to finish - it's really breathtaking!

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 08 Dec 2023 05:34

Day 7:

Seven makes a week.

A cycle. A start.

You know when you put something on the floor because you're worried it will fall and break? Well that's exactly where I was for the last four days - safely laying on my back slowly recovering from having the wind knocked out of me when I fell flat on my face.

But when I stood back up again today - I discovered that the battle is on like donkey kong! In keeping with TBOTG training - I am excited to be back in the ring and I'm going to bring my A-game! (Although not in keeping with TBOTG training I'm really a little scared and hesitant... but...) Foey on you YH you're about to be KOed with a broken nose to show for it!!!)

Special nisyonos come along with being away for Shabbos Chanuka - an exciting opportunity to emerge victorious and claim the wonderful oros pnimiyos of Chanukah!

The part that will probably be harder than any other is keeping in touch - and when I don't keep touch disaster is not far off at all. As I type this it occurs to me - hey wait a minute you doofus why don't you do something about that?!

So I hereby am accepting upon myself bln to call one person in addition to HHM and to text another on Friday, MS, Sunday and Monday.

Ha! That was wild... The things you can accomplish by doing a daily post on GYE!

Also - if anyone is interested in getting in touch please PM me - I'm always looking to find more of the wonderful chevra here to shmooze with!

Ah freilichen lichtige tayire Chanuka!

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 08 Dec 2023 19:00

Day 8:

L'maala min hateva!

Everything about GYE is l'maala min hateva!

So far so good bh - struggling to keep in touch even though I'm away - I have less space, less time and less of a schedule (my normal schedule involves driving which is built-in call-time). B'h managed to speak to HHM and IWLR (Thanks for calling!!!) still hoping to catch foolie before Shabbos!!!

Soak up the light brothers!!!

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Re: I Can Run But I Can't Hide

Posted by foolie - 08 Dec 2023 20:23

Caught

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Re: I Can Run But I Can't Hide

Posted by notezy - 10 Dec 2023 05:56

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 10 Dec 2023 06:39

[notezy wrote on 10 Dec 2023 05:56:](#)

well do you put more emphasis on it? [read: reaching out to stay in touch]

I'm trying to place a special emphasis on it for these few days and so far so good!

Day 9:

B'h Shabbos was good. Got back home pretty late but still managed to get through to HHM and Foolie. Thanks for shmoozing! And thanks to ChaimO for checking up on me even tho I didn't call erev shabbos!!! ????? ????? ??? ??? (in jest rabbosai - it's 1:30 am and that really seems funny at the mo)

lyh looking forward to a ton (okay it's just 2 and a half) of Chanuka parties tomorrow that I will be very tired and probably not too interested - no, what, you also hate Chanuka parties! What a shock!!!

It's been a very unusually connected Yom Tov for me - even tho it's nowhere near what I would like it to be - but something about being on this journey earnestly, and being connected with friends and being connected to myself - opened up my heart just a crack. There's ray of light filtering in through that crack and I feel a little bit of the lev even crumbling to reveal the lev basar underneath.

The *nes* Chanuka was one of the only times that Hashem made a special *nes* in order for us to be able to do a mitzva.

Lav b'chal yuma israchesh nisa. But on GYE it does. Nissim every day in order that we could do his *ratzon*.

Stay holy brothers!!!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 10 Dec 2023 11:58

[HeChochma wrote on 10 Dec 2023 06:39:](#)

BAH Humbug!!'

It's been a very unusually connected Yom Tov for me - even tho it's nowhere near what I would like it to be - but something about being on this journey earnestly, and being connected with friends and being connected to myself - opened up my heart just a crack. There's ray of light filtering in through that crack and I feel a little bit of the lev even crumbling to reveal the lev basar underneath.

That crack is a doorway, my good friend. And a ray of warm, golden light is shining in. Even
???? ?????? ??????.

We **are** connected.

Keep in touch. And keep on climbing. You're pulling us ever upwards!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 10 Dec 2023 12:00

[HeChochma wrote on 10 Dec 2023 06:39:](#)

Day 9:

no, what, you also hate Chanuka parties! What a shock!!!

BAH HUMBUG!!

It's been a very unusually connected Yom Tov for me - even tho it's nowhere near what I would like it to be - but something about being on this journey earnestly, and being connected with friends and being connected to myself - opened up my heart just a crack. There's ray of light filtering in through that crack and I feel a little bit of the lev even crumbling to reveal the lev basar underneath.

That crack is a doorway, my good friend. And that ray of golden light that is shining in, ????
????? ?????, is a gift that is charting a path forwards...

Here's to the rest of the calloused shell of scar tissue coming off, bit by bit...

Yeah. We **are** connected.

Keep in touch. And keep on climbing. You're pulling us ever upwards! Ah Lichtegin!

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Re: I Can Run But I Can't Hide

Posted by bright - 10 Dec 2023 16:12

[chaimoigen wrote on 10 Dec 2023 12:00:](#)

[HeChochma wrote on 10 Dec 2023 06:39:](#)

Day 9:

no, what, you also hate Chanuka parties! What a shock!!!

BAH HUMBUG!!

It's been a very unusually connected Yom Tov for me - even tho it's nowhere near what I would like it to be - but something about being on this journey earnestly, and being connected with friends and being connected to myself - opened up my heart just a crack. There's ray of light filtering in through that crack and I feel a little bit of the lev even crumbling to reveal the lev basar underneath.

That crack is a doorway, my good friend. And that ray of golden light that is shining in, ???
????? ?????, is a gift that is charting a path forwards...

Here's to the rest of the calloused shell of scar tissue coming off, bit by bit...

halevai...

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 11 Dec 2023 17:10

The assembled multitudes at the virtual Chanuka party are waiting, waiting for words of Chochma, like Shemen Zayis. That soothe and illuminate.

Where are you, my friend?

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Re: I Can Run But I Can't Hide

Posted by hechochma - 12 Dec 2023 05:24

[chaimoigen wrote on 11 Dec 2023 17:10:](#)

The assembled multitudes at the virtual Chanuka party are waiting, waiting for words of Chochma, like Shemen Zayis. That soothe and illuminate.

Where are you, my friend?

First of all - soothe and illuminate - love it.

Secondly, for anyone who has not seen YouKnowWho's thread - ChaimO has been nominated to for the Dumbledore position.

In case you have any doubt - listen to this fine piece of uncanny foresight - just as ChaimO suspected - I was in trouble yesterday. I fell today.

The short story is Sunday was a disaster of a day during the middle of which my phone broke. I didn't get a new phone until this afternoon.

In the meantime everything I expected to suck (Read: Chanuka Parties) turned out to actually be worse than I expected. And everything that was supposed to go well (like the plans I invested quite a bit of time and money into) went pretty badly too.

This morning unfiltered internet UNkindly availed itself to me at an unexpected moment, I slipped. Still no phone - didn't call anyone. This afternoon I was Hungry. Angry, Lonely and Tired. Shortly thereafter I fell.

I screwed up royally by not using some other methods of reaching out. However, Thanks to ChaimO, Foolie and HHM this post is not a depression fest.

The takeaway is that in fact it is vitally important for me to stay in touch and post every day. This only reinforces that commitment and be'h this time around we will reach even greater heights!!

Finished patching this here tire and ready to get right back on TRUCKIN'!!!

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Re: I Can Run But I Can't Hide

Posted by hechochma - 13 Dec 2023 05:26

Day 1:

Back on the horse ladies and gentlemen.

Street shemiras ainayim has been especially hard today with the residual lust still hanging out from my fall. I did get rid of some things that make it easier for me to fall so bh for that.

Good night everyone and ah freilichen Chanuka!

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