

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 - 14 Dec 2023 06:04

Ah! Shkoach R' Chaim!!!

Day 2:

B'h residual urges diminishing slowly. Since I fell davening has been a big drain for me particularly with Chanuka and Rosh Chodesh (shoutout to Bright) - so yes, R' Chaim it's nice to hear that the aibishter is standing over my little ladder.

I hope I will make Him proud.

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 14 Dec 2023 16:37

[hechochma wrote on 14 Dec 2023 06:04:](#)

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Sometimes I think about how Dovid Hamelech had a mostly-wretched life. Then say Hallel.
Reads different....

(I hope that you will see what there is to make yourself proud.)

Rung at a time, babe.

??? ???? ????

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Re: I Can Run But I Can't Hide
Posted by hechochma - 15 Dec 2023 05:49

Day 3:

Thanks for the chizuk R' Chaim!

Bh, I had a wonderful day thanks in part to an earlier bedtime, as well as the wonderful shmooze I had with True Self and another wonderful Yid from GYE.

But thanks in full to Hashem.

I mentioned to you R' Chaim one time that R' Yisrael says that the most intense desire that a person has is to live. R' Noach Weinberg added in that vein that one of the most intense pleasures that a person has is the pleasure of being alive. People will do anything to avoid being unfeeling - just to feel, to feel anything. There are fear junkies, emos, drug addicts (depending which drugs) etc (including us).

But the truth is that when you have a good clean day - you feel the simple pleasure of being alive. It's striking. It's exhilarating. Being alive is an intense experience of excitement - unless it's so overwhelmingly flooded with unchecked emotions, lust, and guilt.

Feeling that life is incredible. I don't feel it often - but to me the feeling of chasing lust doesn't hold a candle to the feeling of actually feeling life. Sometimes the truth shines like a bolt of lightning - perhaps the moment after it will be dark again, but I hope to capture a bit of that ??? ????? that shines through the ?? ????? right here tonight.

A lechtegen Chanuka and a gitten kvittel!!!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 15 Dec 2023 15:48

The flashes of lightening sometimes illuminate the dark forest just long enough for us to see where the path we've lost is....

Yes, LIFE. Exactly. That's what I have found here.

The flashes last longer, as we learn and grow to experience what its all about...

I am,

Chaim Oigen

Have a Gut Shabbos - Menucha Visimcha!

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Re: I Can Run But I Can't Hide

Posted by hechochma - 17 Dec 2023 03:54

[chaimoigen wrote on 15 Dec 2023 15:48:](#)

I am,

Chaim Oigen

Now this signoff was exceptionally witty!

Day 5:

Bh had a wonderful shabbos with no major events - I told my wife about GYE and b'h it went rather smoothly altogether. Big thanks to all those who advised me on how to pull that off - it came in handy when I all of a sudden had to tell my wife!!!

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Re: I Can Run But I Can't Hide
Posted by hehochma - 18 Dec 2023 03:03

Day 6:

After a jittery antsy Motzei Shabbos, came a bleak grey Sunday.

That Sunday had a tired, late morning and a fruitless early afternoon.

That fruitless early afternoon brought with it doubts about my productivity this zman and my life choices.

Those doubts brought about contemplations of the meaningfulness or pointlessness of my existence.

And all this before Mincha.

Tov Hashem Lakol - he created GYE and the awesome crew here. HHM got me to laugh at myself and I shlepped into second Seder against the impaired judgment of my overthinking mind. I came out somewhat more accomplished and less contemplative.

Bh, connected with a few other buddies from here over the night - and I'm in a much better place!

Turns out - I don't need to get rid of the jitters and the ponders by pondering just a bit more -
and, no YKW, I don't either need a pensieve!!!

Just some good ole buddies from GYE and a little toil in Torah!

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Re: I Can Run But I Can't Hide
Posted by youknowwho - 18 Dec 2023 05:31

[hechochma wrote on 18 Dec 2023 03:03:](#)

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Oy, how I can relate to these kinds of thoughts...

Sharing a song that came to mind:

"The Cat in the Hat"

"Very well. I'm a punk. A crotunculous shnunk!"

Nobody loves me.....not one tiny hunk

I agree; I'm a gripulous, gropulous groo. I'm a shmoozler, a shmingler, and a foo-poobler too!

I'm a horrendous object, which nobody loves. I'm untouchable, unless you wear anti-sceptical gloves.

So what? I'm a punk! A crotunculous shnunk!

Nobody loves me.....not one tiny hunk. I'm a punk."

Hechochma, glad you snapped out of it!

Keep on shining, you're a beacon of strength and courage for us all...

Definitely Gryffindor.

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Re: I Can Run But I Can't Hide
Posted by chaimoigen - 18 Dec 2023 23:53

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Tom, it may be dangerous to tell you this, but if you'd have met him you'd know that the guy has a lightning-shaped scar on his forehead....

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Re: I Can Run But I Can't Hide

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Oh no!!!

"...Neither can live while the other survives..."

Oh well...

Dinner, Nagini....

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Re: I Can Run But I Can't Hide

Posted by ainshumyeiush - 19 Dec 2023 04:02

[youknowwho wrote on 19 Dec 2023 03:14:](#)

[chaimoigen wrote on 18 Dec 2023 23:53:](#)

[youknowwho wrote on 18 Dec 2023 05:31:](#)

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on a more serious note, is r' cords hagrid, or mad eye moody?

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Re: I Can Run But I Can't Hide

Posted by bright - 19 Dec 2023 04:29

Is that even a serious question? He is Darth Vader.

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 19 Dec 2023 04:37

[ainshumyeiush wrote on 19 Dec 2023 04:02:](#)

[youknowwho wrote on 19 Dec 2023 03:14:](#)

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ASY, I know, I sometimes worry the "other half" will meet me in a dark alley one day...but no worries, Moldy Voldy shall always return...

As for your thoughtful question:

I used to think Hagrid, though now leaning more towards Mad Eye. Can't you just see Cordnoy "teaching" Draco Malfoy by turning him into a mouse?

But I hear, it's a tough one!

Okay, we'd better get back to talking about shmiras einaim, light, darkness, aloneness, Mikva night, bikinis, sexy pictures, fish tanks, morbidity, filters and single girl pilegesh shailos.

It's what we are here for, it is the task at hand...

Wait, did someone just say *Task*?!

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Re: I Can Run But I Can't Hide

Posted by hechochma - 19 Dec 2023 04:45

Holy mackerel!

Gentlemen - thanks for keeping things exciting while I was busy being a disaster.

Day 7:

I fell at the end of yesterday - despite all the help from everyone I reached out to.

I have a few lame excuses and a few decent excuses for falling - but nothing to protect me from suffering the consequences of screwing up.

A lot of wisdom has been shared with me by the wise men of GYE today.

1. I was whacked me so hard over my head I think I have a concussion.

2. I got my eyes opened to the painful and powerful truth that I have blinded myself to for the last few weeks.

3. I got chizuk and camaraderie.

4. I got wonderful practical advice.

You guys are all legends and it's fascinating how so many different people can give so many different words of chizuk, yet I can't imagine I would sit here and write about my upcoming flight to freedom without any one of them.

Here is the plan friends.

1. I am going all in. I need this to be unchecked. Not looking over my shoulder. Not considering, not clerring - just trucking with the absolute conviction that I am now going to give it everything I got and never watch porn again. Nekuda.

Will it suck if I fall after I hope so hard? Who cares? I'm not going to fall.

2. I will beef up my filter.

3. No internet after 11:45. I just bought an app called Freedom - which I hope will help with my flight to freedom - I currently have 5 minutes left to write this post. I need to give the password to my wife still. It works to limit internet too but I set it to block it from 11:45 to 9 am

4. No news besides headlines.

5. Always make a plan before hanging up with a friend. I have this stupid optimistic tendency to get on the phone with someone from here - shmooze and talk about the immediate future and how life sucks, get into a better place, succeed at the next thing, and then slip back

into yuckiness.

I need to have a plan through the end of the day when I am struggling.

YIKES ITS 11:44 - I'll be back!!!

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Re: I Can Run But I Can't Hide

Posted by hehochma - 20 Dec 2023 04:28

[chaimoigen wrote on 18 Dec 2023 23:53:](#)

[youknowwho wrote on 18 Dec 2023 05:31:](#)

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Definitely Gryffindor.

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Perhaps the common denominator between me and HP is that I am zoche to be helped along by the one and only Dumbledore ;-) (Cords this is your cue to puke.)

@bright - L O L

I think Cords preferred Mad-eye but hey you can pick your friends but you can't pick the fictional character GYE nominates you for!!!

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