

I Can Run But I Can't Hide

Posted by hehochma - 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 - 20 Dec 2023 04:37

Day 2:

Same as a regular day 2 - residual urges passing.

Thanks for all the chizuk everybody - I cannot exaggerate how beyond out to lunch I would be if you guys weren't here to knock me around, pick me up, set me straight and join me in the journey!

Everything is going okay - still need to do TBOTG for the day.

Got to bed last night at 1.

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Re: I Can Run But I Can't Hide

Posted by eerie - 20 Dec 2023 18:50

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Re: I Can Run But I Can't Hide

Posted by hehochma - 21 Dec 2023 04:40

Day 3:

On the topic of improvement I might mention that I no longer watch porn. I'm a non-porn-watcher. It's something I just don't do. It's really a wonderfully free and calm way of life. (I know this may tick you off Cordnoy - I've been trying to incite your participation...)

B'h things are going well!

Last night I went to sleep a little after 2 - I had napped from seven to nine PM so I learned from 12 to 1:30. Not sure if it was the wisest move but it was geshmak not to be stuck on my computer.

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Re: I Can Run But I Can't Hide

Posted by Crabapple18 - 21 Dec 2023 05:30

Did I just hear "Tikun Chatzos"

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Re: I Can Run But I Can't Hide

Posted by hehochma - 22 Dec 2023 04:42

Ha!

Day 4:

A wonderful day bh. Healthy natural sex drive starting to rise again and with it the simple callings of lust on the street.

Did well with that, bh.

Had a scare with some chest pain that the doctor told me "doesn't concern him but I should follow up with a cardiologist" - Like what's that supposed to mean - you might die but probably not?! Anyway managed to calm down after complaining to some kind listening ears and had an otherwise productive 24 hours.

Have I mentioned that studies show that non-porn watchers (such as myself) are 415 times more productive than porn watchers?

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 22 Dec 2023 07:07

Did you ask your cardiologist if it's possible that the chest pains could have been caused by being recently hit on the head repeatedly and with great force by a friendly sledgehammer??

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Re: I Can Run But I Can't Hide

Posted by connected - 22 Dec 2023 14:41

[hechochma wrote on 22 Dec 2023 04:42:](#)

Have I mentioned that studies show that non-porn watchers (such as myself) are 415 times more productive than porn watchers?

This is one of the reasons why I identify as a non-porn-watcher, too.

I mean, I sometimes watch porn, but that's not, like, who I am.

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Re: I Can Run But I Can't Hide

Posted by hechochma - 24 Dec 2023 00:09

[connected wrote on 22 Dec 2023 14:41:](#)

[hechochma wrote on 22 Dec 2023 04:42:](#)

Have I mentioned that studies show that non-porn watchers (such as myself) are 415 times

more productive than porn watchers?

This is one of the reasons why I identify as a non-porn-watcher, too.

I mean, I sometimes watch porn, but that's not, like, who I am.

Laughed at this one! I think *your* productivity level probably depends on "what it is" at that particular time. After all I think that despite ChaimO's protests - it still is what it is ;-)

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Re: I Can Run But I Can't Hide

Posted by hehochma - 24 Dec 2023 00:25

Day 6:

Apparently some considered what the significance of 415 is:

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which with the kollel is:

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and 8 x the tetragrammaton - bringing the chesed elyon down to the world in a way that is higher than the order of nature!!!

Okay - don't judge - I only started with this chassidish stuff recently!!

In other news, there was *yeshivish voice* an uptick *end yeshivish voice* in street lust as the days since my fall start to build up.

But bh doing okay - Friday was a wild day with a fast and me and my wife working and shopping and making shabbos. Had to make some amends with my wife after her very stressful day as I hadn't been appreciative enough for all her work because I was zoned out myself from the fast. Bh amends made and all's better than ever.

Rupture and repair is essential to relationships as they say!

Looking forward to a week that will probably be somewhat challenging and be'h very successful!

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Re: I Can Run But I Can't Hide

Posted by hehochma - 24 Dec 2023 01:09

I HATE MOTZEI SHABBOS

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Re: I Can Run But I Can't Hide

Posted by foolie - 24 Dec 2023 01:43

[hehochma wrote on 24 Dec 2023 01:09:](#)

I HATE MOTZEI SHABBOS

Tell us how you really feel, hold nothing back you've only just scratched the tip of the iceberg

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Re: I Can Run But I Can't Hide

Posted by hehochma - 24 Dec 2023 01:57

Alright foolie, but only because there's a sour-grape shortage on your thread and I'm worried about inflation!

I HATE MOTZE SHABBOS!!!

AND

I waited for my wife in a dark room in an uncomfortable position for an hour and a half (she was supposed to be going to sleep) before we actually got a plan for the night going...

AND

My wife went out with friends and abandoned me here Home Alone - and I'm not having nearly as much fun as Kevin Mcallister...

AND

It's boiling in my house

AND

I hate starting the week

AND

I haven't done anything productive this Shabbos and I didn't nap either!!!

If that wasn't enough for anybody - just pm me...

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Re: I Can Run But I Can't Hide

Posted by foolie - 24 Dec 2023 02:24

Great. Now we know why you hate it this week. A great start but still scratching the tip of the iceberg on why you really and truly hate Motzei Shabbos

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Re: I Can Run But I Can't Hide

Posted by Markz - 24 Dec 2023 04:39

Here's a way out of Motzei Shabbos Blues

I saw posted last week a video of "the Amshinover Rebbe, in an exalted and sacred realm all his own, making Shabbos morning Kiddush at 7:30 p.m. last night, Motzoei Shabbos Chanukah, the holiness of the holy day extending into the mundane..."

Maybe a good idea for you?

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