

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 ainshumyeiush - 24 Dec 2023 05:19

[chaimoigen wrote on 24 Dec 2023 05:13:](#)

Here are some words of wisdom to live by:

Motzei Shabbos stinks. End it as early as possible. Daven Vosikin Sunday.

G'Nite.

on behalf of all the bocherim here, can you clarify what you mean by vasikin? Like early? In the morning?!?!? I thought vasikin was for when you stay up all night...

*asking for a friend

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Re: I Can Run But I Can't Hide

Posted by bright - 24 Dec 2023 14:42

Maybe try having a seder with a chavrusa?

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Re: I Can Run But I Can't Hide

Posted by hechochma - 25 Dec 2023 04:16

Day 7:

Had a lousy sleepy morning but bh managed to have a productive afternoon and evening.

Still dreading starting the week - hopefully won't let it get to me!

Diet started today - one of the side-effects of visiting a cardiologist...

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Re: I Can Run But I Can't Hide

Posted by ainshumyeiush - 25 Dec 2023 04:30

Sshh.. Don't tell your wife or doctor... I have bourbon, cigarettes and extra strong coffee. You know where to find me, just stop by...

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Re: I Can Run But I Can't Hide

Posted by hechochma - 26 Dec 2023 03:16

Alas, it is to scotch I pay my allegiance. Do you have one of those upper-class vapes for me???
;-)

Day 8:

Had some job-anxiety in the morning and some triggers at a restaurant in the afternoon. Got lost in my head at 3:30 but managed to pull myself into a successful second seder and everything straightened out from there.

It seems the afternoon before second seder time is very hard - makes sense because I don't have a chavrusa (for good reason) so it's easy for me to feel and to be lost. B'h if I stick with my plan second seder is one of my most productive times of day.

Most of all keeping on top of TBOTG, getting to bed on time, and keeping in touch with the rocking-house chevra on GYE - it's good to be a non-porn-watcher!!!

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Re: I Can Run But I Can't Hide
Posted by hehochma - 27 Dec 2023 04:44

MAZEL TOV!!! MAZEL TOV!!!

Why do I get a Mazel Tov you ask?
Warning: Spoiler!

In today's round of HeChochma versus Lust - Lust attempted a massive ambush!

I went to the somewhere and I knew there may be some challenges - but heavens almighty the person I was dealing with was a far too attractive and far too friendly young woman. Okay, I didn't expect it to be this bad - but I'm TBOTGed I'm ready for the challenge - the battle is real and I'm all in - doing good.

Then the lady says - aight she'll be back in 15 minutes. Walks out and closes the door.

And then I realized the computer right next to me is unfiltered. Lust is beckoning with a sly smile and a hearty appetite - I'm on the menu...

Full disclosure - last time a similar thing happened I watched porn on the computer even though the room didn't actually have a door and the computer was across the room... and I was working with a highly untriggering man. But this time, the door was closed, this friendly attractive woman was busy triggering me to the wazoo and the computer was right at my side - smiling and waving...

BUT NO!!

I'm NOT a porn watcher!!!

I'M NOT A PORN-WATCHER!!!!!!

In fact I'm actually a NON-PORN-WATCHER!!!!!!

Yet

????? ????"? ?????? ????? ???? ??.

I needed Hashem's help. So I called Hashem Help Me. He didn't pick up. I called again -

"Is it an emergency?"

"YES"

"FIRE IN THE HOUSE OF AMRAM" WHeeooooWHEOOOOOwheeooooo - Fire department on the way to extinguish the blazes.

It occurred to me then to sleep the computer so it locks. B'h after 45 seconds on the phone the tide started to recede and b'h I slept the computer and when this woman returns she says "Hmm that's so funny this computer never shuts..."

Still have a bit of battle fatigue but I took a fat nap after that ordeal and we flyin'.

SO

MAZEL TOV!!!

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Re: I Can Run But I Can't Hide
Posted by youknowwho - 27 Dec 2023 05:00

Thank you Hashem, you bedded the computer and not the women!

So inspiring to read this, thank you so much!

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Re: I Can Run But I Can't Hide
Posted by ainshumyeiush - 27 Dec 2023 05:04

Mazel tov!!

Thank you for sharing this amazing moment with us.

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Re: I Can Run But I Can't Hide

Posted by hehochma - 28 Dec 2023 04:43

Day 9:

Computer shutting in 2 - had a great day - bit of a stressful lonely evening - big thanks to ChaimO, Foolie, HHM, and YKW for keeping me company and carrying the day!!!

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Re: I Can Run But I Can't Hide

Posted by true_self - 28 Dec 2023 14:22

Keep on trucking!!!

But seriously Keep on trucking you are awesome!

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Re: I Can Run But I Can't Hide

Posted by hehochma - 29 Dec 2023 04:30

Day 10:

Bh - A wonderful day in the neighborhood!

BE WHOLLY BROTHERS!

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Re: I Can Run But I Can't Hide

Posted by Vehkam - 29 Dec 2023 14:19

[hechochma wrote on 29 Dec 2023 04:30:](#)

Day 10:

Bh - A wonderful day in the neighborhood!

BE WHOLLY BROTHERS!

roger that!

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Re: I Can Run But I Can't Hide

Posted by Bennyh - 31 Dec 2023 04:08

I'm so late to this party but I just read the thread from A to Z! I love your energy, and from your last anecdote, it seems like this time you're in it for real. Hope this nice message makes your dreary, horrible, no-good Motze Shabbos a teeny tiny drop more bearable!

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Re: I Can Run But I Can't Hide

Posted by hechochma - 31 Dec 2023 04:35

[Bennyh wrote on 31 Dec 2023 04:08:](#)

I'm so late to this party but I just read the thread from A to Z! I love your energy, and from your last anecdote, it seems like this time you're in it for real. Hope this nice message makes your dreary, horrible, no-good Motze Shabbos a teeny tiny drop more bearable!

Thanks!!! It means a lot to me that you say that this time I'm in it for real - I can sometimes be very positive but until now there has always been a part of me that was holding back. I'm working hard on being all-in right now - and I want to keep that up - so thanks for the compliment - and yes, you've added a ray of light into my generally very much disliked MS!!!

Day 12:

Bh Shabbos was good. MS was horrible and no-good as it tends to be... even in Australia. Big thanks to Foolie, ChaimO, Eerie, ASY, YKW, HHM and just now BennyH for helping me enjoy MS that much more!!!

I actually had a whole plan - I was supposed to go on the treadmill, unpack some seforim and learn - but alas, my son had to go to urgent care, and it turns out there was a parlor meeting I had to be at that I hadn't known about. Ah mentch tracht...

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