

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

=====

Re: I Can Run But I Can't Hide

Posted by youknowwho - 17 Jan 2024 21:28

So, to be honest and frank
I'll walk the true plank
And say that reading all this
Makes me want to *hiss*...
Out with the thoughts in my brain...
But, 'twill be a bad stain
On these holy forums so pure
So, my perverted mind will demur.
Cuz if I write what I'm *really* thinkin'
There'll be all of youse indignantly blinkin'
Is this fellow *insane*?
Is he *outta* his brain?
With thoughts as gory as *this*,
And pervy sorta things that rhyme with *thorny* and *miss*,
You belong in the zoo, good gosh,
Is GYE enough for you? *Hogwash!*
So, I'll just slink away and hide,
In the dark shadows, wait out the tide
While Hechochma goes "*sliding and slipping*",
To the Mikvah I'll go, a dipping,
Where I hope to find The Rabbi, alive
In those frozen waters, did he survive?!

Eerie, lingerie, you did wear

James did it, at gunpoint...your worst nightmare

A blood curdling shriek

From Benny's old car, did leak,

A gaping hole on the side of his neck,

Where James lustily bit him, WTH?

The story is frozen in time,

Waiting for closure, the clocks final chime

But on second thought...let's leave it at that

So I can continue to fantasize, while wearing the Sorting Hat

Nobody from GYE emerges unscathed from the horror

Unleashed ?by James the zombie, bitter like Marorr

If you're signed in here, on GYE's hallowed pages

There's a chapter 'bout **you**, one for the ages!

=====

Re: I Can Run But I Can't Hide

Posted by hechochma - 18 Jan 2024 03:36

He's fighting in Gaza the War of Iron Swords

You think a bulletproof vest will stop the power of Cords?!

The effort of rhyming is making me Shvitz

How can I outdo the great Gimpelovitz!

And if bang-ups and hang-ups can happen to you

I'm certainly happy that true-ups can too

The more I hear about Benny's story's REAL end

I shiver and think - "Heaven Forfend"

With the rise of the Dark Lord inside here

"We are only as strong as we are united."

PS - You're still the best YKW (Please don't sic Nagini on me!!!)

=====

Re: I Can Run But I Can't Hide

Posted by Hashem Help Me - 18 Jan 2024 05:53

Never the one to be left in the dark,

As all chaverim let loose - each with his own bark

Writing relieves, so much pent up stress,

Looks like the chevra, with pressure is blessed.

Mirth and laughter, these forums do cause,

Despite breaking, with frivolity, the poetry laws.

Writers, composers, them do we bless,

Alas, James is not here, to clean up the mess.

What mess? you posit, ask, and declare,

No need to look far, yonder or there,

Broken souls so many, at every turn and rest,

Even great masters and clergy, failing the test.

Oh should they find, this bit of heaven on earth,

Where the masses, refugees, discover rebirth,

Until Hashem floods our world with purity so sublime,

We will just have to give chizuk, in prose or in rhyme.

=====

Re: I Can Run But I Can't Hide

Posted by chaimoigen - 18 Jan 2024 07:13

So I'll raise up a quill, and attempt mine own turn,

For these days it's not praise that we're trying to earn,

Rather joining together, of our loneliness free,

As we fete and compete, and we praise GYE.

Lay down secret burdens, and make secret friends,
Let the anguish of decades find hope of an end,
There is healing and wisdom, and sound advice here,
And at times Cordnoy gives ya a kick in the rear!

There's no lack of frustration and failing found,
Folks stretching their hands out, from down on the ground,
Yet this ladder we're climbing, it pierces the sky
It's for giving, and **living**; ascending on High.

There are great men to learn from, and writing in rhymes,
Euphoria, sledgehammers, bad setbacks at times,
Yet they'll find peace of mind, who were lost and forlorn,
On this ladder to heaven where souls are reborn.

=====

Re: I Can Run But I Can't Hide
Posted by cordnoy - 18 Jan 2024 16:03

[cordnoy wrote on 18 Jan 2024 15:32:](#)

[iwant2begood wrote on 14 Feb 2016 21:22:](#)

Day 60. I went to my first sa meeting today it went gr8 bh . I feel as if I got of a huge burden of my shoulders. I'm no longer alone in this horrible struggle. I met a lot of people who I would

never imagine would be struggling with lust (chasidish, litvish. Yeshiva bochurim....) I'm thankful to hashem for directing me to such a wonderful group and giving me such an awesome family like gye!!!!

Interestin' thread from some years a yonder
raises several good points that we can all ponder
A fellow persevered - and undid the Levicorpus
cast upon him, from a dungeon so enormous

I once knew a fellow - obese and insolent - such as Dudley Durseley
infatuated with girls, yet his weight affected him adversely
On his own attended meetin's, and (to make a long story short after a year) he was compared to a Gazella euchore
eventually had hotties draped over him, like Fleur Delacour

Forgive me this rant, but this guy emerged outta hidin'
and didn't let Joseph's brother continue his backslidin'
Ring him up to tell his story - this won't be hot gossip
T'will be well worth it - this ain't no Codswallop

Ok, I'm out - think I did enough GYAT
Trust me, my hunch is that this guy's a true Wyatt
I've gotta catch me some smash, so y'all follow the straight and arrow
Meetin' with Hatshepsut in the palace of Pharaoh

=====

====

Re: I Can Run But I Can't Hide

Posted by chaimoigen - 18 Jan 2024 16:20

"chaimoigen" post=407269 date=1705594249 catid=4

You win the poetry contest!

Rhyming "adversely" and "Durseley" gets 8- 10 points, but the Hatshepsut reference is worth at least 14 points.

And also, the post you bumped is great food for thought.

I'll be Fedexing you a bag of never-used lingerie as your prize. It will come in a plain brown

=====

Re: I Can Run But I Can't Hide

Posted by davidt - 18 Jan 2024 17:21

this is my first time I'm trying this... (the following is a real story)

That guy is so successful in life

He has amazing talent and a special wife

His services are in high demand

He earns yearly a few hundred grand

I'm such a failure compared to him

My struggles are so great, while his are so slim

When we see only the surface, life seems so unfair

But you never know, so don't compare

That guy later became the talk of the town

When his name is mentioned, people frown

He struggled silently with addiction and was mentally ill

At one point he attempted himself to kill

His wife is with him no more

He's not rich, but very poor

Never judge by what you see with your eyes

There is so much more behind the disguise

People are fighting silent battles which we don't know about

Instead of judging, give them the benefit of a doubt

Thank Hashem for all the good that he on you bestowed

For he loves you and he's your father so proud

=====

Re: I Can Run But I Can't Hide

Posted by eerie - 18 Jan 2024 21:06

Now, dear Hechochma, you can have your thread back,

now that we're done with our hijack,

Please keep the posts coming, your Chochma to share,

With the brothers and friends who about you do care,

Your struggles, your wins, we do want to hear,

We'll listen, we'll offer, we'll encourage and cheer,

(we'll help you sit down if you get kicked in the rear!)

We always want to hear about the light in your days,

Or your nights and your flus and the crazy oy-veys,

So please, oh please listen, and come take your thread,

We'll give up the rhymes to hear you instead!

=====

Re: I Can Run But I Can't Hide

Posted by hehochma - 19 Jan 2024 04:38

Standing Ovation for the Oilam!!!

Shkoach everybody!!!

[cordnoy wrote on 18 Jan 2024 16:03:](#)

Trust me, my hunch is that this guy's a true Wyatt

Thank you very much, Cords :-). Compliments that I have to google to understand are better than jokes that I have to google... And who knew a woman ruled over our nation during ?????? - only cords...

@eerie I will continue posting but don't let that stop anyone's creative writing!

Had a decent day today, with the occasional average shemiras einayim struggle.

Otherwise, bh, the comeback from the flu is happening! Learning is just way better than not learning, I must say...

Day 32.

Getting close to the top 100. I know it may not be the technically correct way to do things or what have you, but I get way more motivated from seeing my placemark push higher in the rankings... Just brings out a little fun competition and excitement. At 106 now - I'm comin'!

=====

Re: I Can Run But I Can't Hide

Posted by cordnoy - 19 Jan 2024 06:29

[hechochma wrote on 19 Jan 2024 04:38:](#)

Standing Ovation for the Oilam!!!

Shkoach everybody!!!

[cordnoy wrote on 18 Jan 2024 16:03:](#)

Trust me, my hunch is that this guy's a true Wyatt

Thank you very much, Cords :-). Compliments that I have to google to understand are better than jokes that I have to google... And who knew a woman ruled over our nation during ?????? - only cords...

@eerie I will continue posting but don't let that stop anyone's creative writing!

Had a decent day today, with the occasional average shemiras einayim struggle.

Otherwise, bh, the comeback from the flu is happening! Learning is just way better than not learning, I must say...

Day 32.

Getting close to the top 100. I know it may not be the technically correct way to do things or what have you, but I get way more motivated from seeing my placemark push higher in the rankings... Just brings out a little fun competition and excitement. At 106 now - I'm comin'!

Warning: Spoiler!

=====

Re: I Can Run But I Can't Hide
Posted by hechochma - 21 Jan 2024 00:29

[cordnoy wrote on 19 Jan 2024 06:29:](#)

[hechochma wrote on 19 Jan 2024 04:38:](#)

Standing Ovation for the Oilam!!!

Shkoach everybody!!!

[cordnoy wrote on 18 Jan 2024 16:03:](#)

Trust me, my hunch is that this guy's a true Wyatt

Thank you very much, Cords :-) Compliments that I have to google to understand are better than jokes that I have to google... And who knew a woman ruled over our nation during ?????
????? - only cords...

@eerie I will continue posting but don't let that stop anyone's creative writing!

Had a decent day today, with the occasional average shemiras einayim struggle.

Otherwise, bh, the comeback from the flu is happening! Learning is just way better than not learning, I must say...

Day 32.

Getting close to the top 100. I know it may not be the technically correct way to do things or what have you, but I get way more motivated from seeing my placemark push higher in the rankings... Just brings out a little fun competition and excitement. At 106 now - I'm comin'!

Warning: Spoiler!

From you Cords, I'll accept even a recycled compliment ;-)

=====

Re: I Can Run But I Can't Hide
Posted by chaimoigen - 22 Jan 2024 00:38

We are waiting for Hechochma Tichayeh Baalehah...

=====

Re: I Can Run But I Can't Hide
Posted by hechochma - 22 Jan 2024 01:16

Thank you ChaimO for the beep...

I've been feeling low today - MS blues were postponed this week to Sunday. Had a wicked asthma flareup which didn't help.

Not sure why. My regular low thoughts - what am I going to do with my life, what am I doing with my life, who am I anyway yadayadayadayada.

Whatever, these thoughts go away as soon as I start being productive and stop mopin' around. Starting to get there after having slept away the afternoon.

One thing that was not on the table, however, was pornographic material. Certainly, by now everyone knows that I don't watch porn - I try not to make a big issue about it, but there were some fellas asking me about it today... One was named Ishbish Dickens, the other was Lucifer Beelzebub... Ah and of course good old Nick... No matter, they didn't realize who they were talking to... I ain't no porn-watcher, not by hook nor crook...

=====

Re: I Can Run But I Can't Hide

Posted by hehochma - 23 Jan 2024 23:52

Day 36:

I'm sick. Headache, body aches, deep phlegmy cough, deep fatigue, etc... Stupid thing is - I don't have fever. What the heck! No external validation of my sickness at all. So I'm still going to teach and trying to make it to second seder but just hitting the sack when I have no kochos. I doubt my own brain - am I really sick??? Except I really am. Blah.

=====