

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 redfaced - 25 Feb 2024 13:56

[foolie wrote on 25 Feb 2024 07:03:](#)

You're entitled to your opinion

I'm entitled to yours, too.

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Re: I Can Run But I Can't Hide

Posted by Bennyh - 25 Feb 2024 18:29

Now imagine James and the entire cabal (sans my wife perhaps - maybe insert foolie instead), chasing you as they chant:

Life is a performance. *Life is a performance.* **Life is a performance. LIFE IS A PERFORMANCE, DAMMIT!!!!**

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 25 Feb 2024 20:24

[Bennyh wrote on 25 Feb 2024 18:29:](#)

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If I'm going to go there, it will have to be one of those dystopian contests/performances where there is only **one** winner left standing. Bloody and alive...

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Re: I Can Run But I Can't Hide
Posted by hehochma - 25 Feb 2024 23:31

[foolie wrote on 25 Feb 2024 07:03:](#)

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Alright, hitman, in that case: I just want you to know that Trump rocks and only he can Make America Great Again!!! The election was rigged!

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Re: I Can Run But I Can't Hide
Posted by foolie - 26 Feb 2024 01:30

[hehochma wrote on 25 Feb 2024 23:31:](#)

[foolie wrote on 25 Feb 2024 07:03:](#)

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Re: I Can Run But I Can't Hide

Posted by hechochma - 26 Feb 2024 03:27

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Yikes, I thought that my lack of fear of zombies would exempt me from joining those who have frequent nightmares about James - alas, looks like I'll be tossing and turning in a cold sweat tonight...

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Re: I Can Run But I Can't Hide
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You haven't asked to be shot or bonked yet.... Clearly you need to try harder

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Re: I Can Run But I Can't Hide

Posted by proudyungerman - 26 Feb 2024 04:40

[foolie wrote on 26 Feb 2024 04:03:](#)

[hechochma wrote on 26 Feb 2024 03:27:](#)

[foolie wrote on 26 Feb 2024 01:30:](#)

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Shot?? Did someone ring for the local GYE cowboy? Who do I need to shoot now?

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Yikes, I thought that my lack of fear of zombies would exempt me from joining those who have frequent nightmares about James - alas, looks like I'll be tossing and turning in a cold sweat tonight...

Spent some time looking for the appropriate zombie GIF but had to stop! I'm so freaked out now, I feel like Vernon Dursley, humming to myself but jumping out of my skin at the tiniest creak...took the garbage out in the cold, dark night and *ran for my life* back into the house as fast as my feet could carry me.

Door bolted shut. Sure hope that's enough...

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 26 Feb 2024 05:18

Why is the hot water urn hissing so intensely? And the refrigerator is cycling way too loud, does it always gurgle so strangely? The heat just went on and the creaks seem to be getting stronger in the back rooms, HELP!!!

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 26 Feb 2024 05:22

Even the name of this thread is freaking me out. I'm losing it guys. Losing my marbles.

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Re: I Can Run But I Can't Hide

Posted by notezy - 26 Feb 2024 05:36

I knew something went down when I woke up to 9 replies on a topic I follow

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Re: I Can Run But I Can't Hide

Posted by bigsideway - 26 Feb 2024 13:29

[hechochma wrote on 27 Sep 2023 18:57:](#)

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I like this line, i feel the same, I also feel some sort of social pressure that really, pressure and kabolo"s *have to* work for me. what can I do?

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