

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 - 28 Feb 2024 02:15

[youknowwho wrote on 26 Feb 2024 05:22:](#)

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

I've been trying to get gifs onto my phone just so I could avenge the sleepless nights caused by your zombie and dementor gifs. But I think this pretty much evens it out. Touche!

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Re: I Can Run But I Can't Hide
Posted by hehochma - 28 Feb 2024 02:21

How much ~~wood~~ porn would a ~~woodchuck~~ chuck porn-watcher watch if a ~~woodchuck~~ porn-watcher could ~~chuck~~ ~~wood~~ watch porn?

A ~~woodchuck~~ would chuck porn-watcher would watch as much ~~wood~~ porn as a ~~woodchuck~~ porn-watcher could, if a ~~woodchuck~~ could ~~chuck~~ ~~wood~~ porn-watcher could watch porn.

Good thing I'm not a porn-watcher.

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Re: I Can Run But I Can't Hide
Posted by chaimoigen - 28 Feb 2024 02:25

Feeling along with you, friend....

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Re: I Can Run But I Can't Hide
Posted by youknowwho - 28 Feb 2024 02:40

Losing my mind along with you, my friend...

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Re: I Can Run But I Can't Hide
Posted by youknowwho - 28 Feb 2024 02:41

Losing my mind along with you, friend...

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Re: I Can Run But I Can't Hide
Posted by hehochma - 28 Feb 2024 02:49

[youknowwho wrote on 28 Feb 2024 02:41:](#)

Losing my mind along with you, friend...

Feels strange to say "Thank you" to one of my friends losing his mind together with me, but I must say, it's strangely consoling. Don't worry YKW, we can search for our minds together... I'm sure they'll turn up somewhere when we clean for Pesach....

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Re: I Can Run But I Can't Hide
Posted by foolie - 28 Feb 2024 02:51

Puh lease you're a married man this can't possibly be the strangest thing you've done

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Re: I Can Run But I Can't Hide
Posted by hehochma - 01 Mar 2024 17:06

I AM SICK AND TIRED OF MY KIDS BEING SICK AND ME BEING TIRED.

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Re: I Can Run But I Can't Hide
Posted by Heeling - 01 Mar 2024 18:25

I'm sorry for your troubles, dear friend.

Wishing a calm and relaxing Shabbos. With your kids feeling well and you (and wife) being rested.

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Re: I Can Run But I Can't Hide
Posted by redfaced - 01 Mar 2024 19:45

[hechochma wrote on 01 Mar 2024 17:06:](#)

I AM SICK AND TIRED OF MY KIDS BEING SICK AND ME BEING TIRED.

If you're so sick and tired of being tired, don't you think you'll get tired of being sick and tired?

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Re: I Can Run But I Can't Hide
Posted by Hashem Help Me - 03 Mar 2024 12:35

How is everyone feeling?

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Re: I Can Run But I Can't Hide
Posted by proudyungerman - 13 Mar 2024 01:02

Everything alright?

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Re: I Can Run But I Can't Hide
Posted by chaimoigen - 13 Mar 2024 04:19

Hey, you can run, but you can't hide!

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Re: I Can Run But I Can't Hide
Posted by hehochma - 13 Mar 2024 23:22

Hey fellas,

Sorry for my disappearance.

I'm back.

Sometimes things go up, sometimes they go down. Sometimes you go forward, sometimes backwards.

Many other times - things just turn in a direction you weren't expecting altogether.

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