

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 youknowwho - 17 Mar 2024 21:58

[hechochma wrote on 17 Mar 2024 21:33:](#)

Warning: Spoiler!

As Dumbledore/CO always says to a post that is beyond brilliant in its coherence and complexity...

"The (frikken) Dude Abides"

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Re: I Can Run But I Can't Hide
Posted by hechochma - 26 Mar 2024 21:52

Alas, earwax!

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Re: I Can Run But I Can't Hide
Posted by proudyungerman - 08 Apr 2024 04:25

[hechochma wrote on 26 Mar 2024 21:52:](#)

Alas, earwax!

How's the earwax cleaning coming??

We miss you over here...

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Re: I Can Run But I Can't Hide

Posted by proudyungerman - 11 Apr 2024 13:47

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Re: I Can Run But I Can't Hide

Posted by inprogress... - 11 Apr 2024 16:31

I totally get it. Having a community of people in a similar boat trying to push together is crucial

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Re: I Can Run But I Can't Hide

Posted by cande - 14 Jul 2024 17:29

But i cant hide??

were are you??

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Re: I Can Run But I Can't Hide

Posted by chosemyshem - 07 Aug 2024 19:00

[proudyungerman wrote on 08 Apr 2024 04:25:](#)

[hechochma wrote on 26 Mar 2024 21:52:](#)

Alas, earwax!

How's the earwax cleaning coming along??

We miss you over here...

Proud Yungerman has authorized me to quote this post, and has requested that you inform him of how you are doinG, buddy?

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Re: I Can Run But I Can't Hide

Posted by proudyungerman - 07 Aug 2024 23:39

[chosemyshem wrote on 07 Aug 2024 19:00:](#)

[proudyungerman wrote on 08 Apr 2024 04:25:](#)

[hechochma wrote on 26 Mar 2024 21:52:](#)

Alas, earwax!

How's the earwax cleaning coming??

We miss you over here...

Proud Yungerman has authorized me to quote this post, and has requested that you inform him of how you are doinG, buddy?

I can't even begin to believe what I am seein' here. The problems are innumerable...

Either way I'd rather stick with this post...

[proudyungerman wrote on 11 Apr 2024 13:47:](#)

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Re: I Can Run But I Can't Hide
Posted by hechochma - 03 Dec 2024 06:04

[proudyungerman wrote on 11 Apr 2024 13:47:](#)

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Re: I Can Run But I Can't Hide

Posted by cande - 03 Dec 2024 12:24

hello? get back here hehochma we NEED you!

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Re: I Can Run But I Can't Hide

Posted by Hashem Help Me - 03 Dec 2024 12:32

Welcome back Hehochma!!!

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Re: I Can Run But I Can't Hide

Posted by hehochma - 07 Apr 2025 15:07

Update: Just went to my first SA meeting.

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Re: I Can Run But I Can't Hide

Posted by hehochma - 23 Apr 2025 22:50

Update: Sober, by the grace of G-d, one day at a time since one week ago.

Worked on step 1 with my sponsor. I kind of expected my sponsor to be pushing me along more, but it looks like I gotta put in the work and he isn't going to babysit me.

Big thanks to YKW and BennyH for letting me share some of my baggage today and yesterday.

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Re: I Can Run But I Can't Hide

Posted by hechochma - 25 Apr 2025 04:49

Checking in.

No idea even why it's been a little bit of a hard day. I'm a little stressed out about whether or not I have the right sponsor which is eating at me a little.

I am pretty sure I have to switch but I don't know who to switch to. Like, someone who is sober a year and more chilled, or someone sober 5 years or more even. How often do I talk to him etc. I'm not sure what type of personality I want. I don't know. Just confused about it a little. Guys in the program keep telling me to just choose someone and run with it but I ain't done that yet. Actually as I'm writing I'm thinking of someone who would be a good idea...

Anywho, as you can see, I am not masturbating to fall asleep. Which is tough. BUT... a sober day is a good day.

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