

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 chaimoigen - 21 Nov 2023 15:46

[HeChochma wrote on 20 Nov 2023 14:05:](#)

To carry it all is to be alone as the silent moon, staring

To let go is to freefall, to spiral down, to catch my heart in my throat, fearing.

To share is to express, yet in words too faint to bear the heart they ride upon.

To conceal is to hold deeply, purely, the self, unknown; to polish facades to pride upon.

To hope is to stumble blindly away from the path long-known.

To settle is to sink, stagnant, complacent, into endless slumber, gone.

To feel is to anger at the injustice of it all, to need, to want, to hope, defenseless, exposed inside.

To numb is to cower in a fortress of fear, safely shackled by Mr. Hyde.

To battle is to struggle for connection when emptiness howls, deafeningly.

To break free is to cherish every victory, to fight passion with passion, to monster-truck eternally.

To stumble away from the familiar, hated, long-known path is to **hope**. Indeed.

You have touched me deeply, friend.

Your poetic side is poignantly pure, achingly truthful, and throbbing with all the hurt you are carrying, and looking to unburden....

Keep inspiring us- more importantly it will help keep you feeling it yourself...

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 21 Nov 2023 19:19

Thank you for the kind words, Frank and Chaim!!

I also wanted to thank HHM, Foolie, Chaim O, Eerie, ASY and Ki Sorisa for really really being there for me and helping me through the ups and downs over the last few weeks - you've all been so incredibly sensitive and caring. The time you all gave me from your busy schedules has really helped me in so many ways - Thanks a million guys - you rock!!!

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Re: I Can Run But I Can't Hide

Posted by eerie - 22 Nov 2023 21:17

Thank YOU! For being here, for sharing, for inspiring, for making this place even more fun than it is already:)

Keep trucking!

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 23 Nov 2023 19:04

[eerie wrote on 22 Nov 2023 21:17:](#)

Thank YOU! For being here, for sharing, for inspiring, for making this place even more fun than it is already:)

Keep trucking!

GYE is indeed a lot of fun - which is nice because boredom is such a killer trigger.

Update:

Mazel Tov! 4 weeks clean here!!!

I appreciate all of the tips about loneliness - so far my daily call with HHM has been a big help for the morning and the afternoon. In the evening I am usually able to chat on here.

I also started calling one particular friend who I am close to pretty much whenever I'm in the car. We mostly play phone tag as we are both busy - but we have been catching each other about every other day which is pretty good.

I discovered that I default to listening or darshening but it is actually really hard for me to talk about something that's bothering me. Took a plunge though and actually shared a little bit, and it was very gratifying bh. Scheduling makes meaningful conversations difficult because we both usually have only twenty-thirty minutes a shot to spare maximum and we are both big talkers.

Regardless, it is a lot better than having nobody to talk to. So shkoach everyone.

I need to work on getting to sleep on time instead of hokking around on my computer until 1AM and then waking up late, unprepared, exhausted, behind the eight ball and of course by extension - very prone to lust. Like today, for example, I had to check out every other car in the whole Lakewood on my way home.

Changing bedtime is easier said than done because my chill time in life is usually after I get home at around 10-11 until 1am and I'm physically used to going to sleep then as well.

I will also mention as part of this little rant, that part of my brain tells me that there's no reason for me to be sharing the inside of my brain here, because why would everyone else be interested in that? However, I took mussar haskel from a particular thread here that I shall not name, and from the following comment on HHM's thread by 360GYE

To your bracha i say Amen, and to your request for us to keep commenting i say that in order for us to comment you need to keep posting.

which brought me to the simple conclusion that if I don't actually share what's going on in my life I will not be able to stay connected with the wonderful, incredible, fantastic, amazing community here at GYE and I will probably resurface next to tell everyone about the inevitable fall that would take place.

So, thank you for taking interest in the foibles of my brain and the vicissitudes of my life (it was really fun to write that btw) I cannot express in words how surprising and touching it is to me that anyone actually cares, and how much of a difference it makes for me in this journey!!! You should all be blessed with an overflow of connection (yedidus loit R' Wolbe), serenity (shalom) and yiddishe nachas (not sure if this exists in english)!

Does anyone else relate to the struggle of getting to bed on time due to needing to unwind and then suffering from the exhaustion during the day?

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Re: I Can Run But I Can't Hide

Posted by eerie - 23 Nov 2023 21:37

Love it

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 23 Nov 2023 22:04

Does anyone else relate to the struggle of getting to bed on time due to needing to unwind and then suffering from the exhaustion during the day?

I certainly can relate!

It's something I wish to change.

I can't speak for everyone, but in my case, the unwinding mentality was certainly a pattern that served largely to the purpose of acting out.

Please continue sharing your *foibles* and *vicissitudes*, we are heartened by your courage and spirit!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 24 Nov 2023 04:46

[youknowwho wrote on 23 Nov 2023 22:04:](#)

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I certainly can relate!

It's something I wish to change.

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Please continue sharing your *foibles* and *vicissitudes*, we are heartened by your courage and spirit!

Speaking of the "unwinding mentality" being a trigger and slippery slope, please forgive me if I put a link here to a post I've written about how looking for something to unwind with is the "posture of pornography".

here

<https://guardyoureyes.com/forum/19-Introduce-Yourself/395737-Thought-I-wouldnt-need-to-ask-for-help?limit=15&start=135#400754>

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 26 Nov 2023 02:14

Thank you youknowwho and ChaimO for your thoughtful responses!

A few thoughts here.

1. The unwinding mentality/posture of pornography yesod is a big deal.

Such a big deal, I may add, that I am not sure how to deal with this deal.

I am working on engaging with healthier means of dealing with the stresses of life.

Reaching out to friends from here is an absolute gamechanger.

However, I still also feel like I need to "chill" - enjoy myself **lazily**. Have entertainment and escape and pleasure wash over me.

I feel like that. But I'm not sure if I'm right at all. Perhaps the right attitude to life is - real enjoyment and pleasure don't just wash over you while you laze around on the couch - get up and go do something!

Oh, you're tired?

So then go to sleep!!!

(Disclaimer: This does not apply to genuine social interaction which for some could be effortlessly enjoyable)

The other part of me says - "What the heck are you trying to do over here? Drive me absolutely insane?! No problem, I'll start the application to Bellevue now - you have to have *crazy* pull to get in there."

This is actually relevant to me in other areas of my life - I also use food to numb which isn't so great for my health.

I don't really have a clear direction about this and it's a confusing topic for me - I would love to hear what everybody else thinks:

- Is there a practical ideal of veering away entirely from seeking the "lazy pleasures" of life as an outlet or is it something that requires balance **even in the ideal**? Doesn't sound like a great life to me to live without them...

but at the same time I'm having a hard time picturing the people I admire coming home and going to the freezer, taking out some ice cream and chips, putting their feet up on the couch and reading the paper. But, hey, what do I know?

- How do I achieve this - or better yet - how do I idealize it - I don't have a clear picture of how it would look if it would be done properly?

In the meantime I will continue to numb in all the ways I always do - news, food, roaming around GYE (btw YKW I appreciate that you wrote that you use GYE to numb sometimes), music, the occasional google research rabbit hole. However, I will be more aware of it - I know that google research is more dangerous than GYE and news is often more dangerous than either.

This post has also gotten dangerously long - so I'll save my other thoughts for another post!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 26 Nov 2023 15:54

Your extraordinary **Chochma** and contemplative analysis is a gift.

A few brief thoughts:

Yes, truly great people, at least the ones I know, don't have a lot of "down time", and don't engage in aimless lazy time-wasting. Rest is imperative (even though people can push the envelope on what's necessary). Relaxation is less so, though it does fall into the category of rest.

"Unwinding" is probably less of an objective necessity.

But we gotta keep it **real**. A person can and should have a vision of where he wants to reach one day. But a man also has to know where he is **today**. If unwinding and relaxing is something that's needed (or I think I need) today, then that's my reality. Especially if someone has a "need to numb", as you say. [Which can unfortunately find [i]other ways[i] to be expressed if not addressed satisfactorily.]

Practical thoughts: **MAKE A PLAN.**

Read an actual book to unwind and numb. It can be chosen in advance. And books don't have a rabbit warren of holes and tunnels to fall into... .

Even watching something, if that's where your holding and it works for you. But it has to be something specific and chosen in advance, and you have decided in advance that it is what you consider appropriate. So you haven't compromised your values to where you are. And you're

acting, not reacting.

This is far better than meandering around Google and the slippery slanty slide of YouTube.....

Yeah, I also use writing pearls of wisdom (or not) on GYE as a positive engaging escape, too. Keeps me focused on certain things, maybe it helps someone, and it's great to be able to write in English, and articulate my feelings, too.

There are other outlets. Exercise, connection, articles and things you find interesting but curated by source and access; time with the missus, calling friends, and other stuff and sundry... But with **forethought**.

Yes, there's something delicious about just kicking back and randomly wasting time on enjoyment with any thought whatsoever. But, legitimate Hashkafa considerations aside: Guys like us can't afford it.

If one fails to plan, one plans to fail.

For slipping aimlessly into the posture of "stimulate me with enjoyment after a hard day" isn't something that we can really afford.....

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Re: I Can Run But I Can't Hide

Posted by eerie - 26 Nov 2023 21:40

Thank you, kvoid harosh Yeshiva, for that!

If I may add, the mishna says that from the kinyanei HaTorah are ????? ?????. The Meforshim (those who explain Oral law:)) tell us that the mishna did not say to quit the sicha and the s'choik, it says to minimize it. Because people need these things, each to their own degree, for their emotional wellbeing. We need some outlets, some ways of relaxing, but Reb CO out it so well, the "stimulate me" mehalach, will lead to...

And now, back to Reb CO...

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 28 Nov 2023 04:27

Checking in, my friend. How ya'll doing on this dark and beautiful night?

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 30 Nov 2023 13:46

Thanks for checking in.

Here's a haiku:

Life sucked.

Then I fell yesterday.

Now life sucks more.

Going back to sleep.

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Re: I Can Run But I Can't Hide

Posted by foolie - 30 Nov 2023 14:38

Well here is a haiku just for you

The Lonely is calling

It wants you bad

Get off your tuches

And call a friend

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 30 Nov 2023 20:30

Words of the wise

have limits.

A look in the eyes

has none.

Feel my gaze, I'm standing outside,

behind the window

Looking back,

With warmth, compassion,

And understanding, too.

When life isn't, we are here

For you.

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