

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 bright - 04 Dec 2023 01:22

Now that we are on the subject. I have a very hard time with rosh chodesh. Anyone have an explanation?

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Re: I Can Run But I Can't Hide

Posted by optimism - 04 Dec 2023 01:27

Perhaps you look at the new month with anxiety.

1 You have expectaions for the month that you know you won't fulfill.

2 You think its supposed to be a day that will give you some spiritual fulfillment like shabbos but it just doesnt hit the spot.

So you say the heck with it I might as well mess up.

Can that be it?

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Re: I Can Run But I Can't Hide

Posted by bright - 04 Dec 2023 01:31

Prob not....

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Re: I Can Run But I Can't Hide

Posted by ainshumyeiush - 04 Dec 2023 03:06

[bright wrote on 04 Dec 2023 01:22:](#)

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Science. Geology to be precise

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 04 Dec 2023 04:43

[bright wrote on 04 Dec 2023 01:22:](#)

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In what way, please?

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 04 Dec 2023 06:49

Day 3:

Bh, MS anxiety passed with the start of the week. It cost me some sleep last night but iyh I'll recover from that.

Had a bit of a nisayon today but bh went well with a big shoutout to Foolie, ChaimO and Eerie for being in touch. I could not do it without you guys. You should be blessed!

It's kinda funny how I don't realize how much a particular exposure to a trigger affects me until I'm davening and whammo right in the middle of Shemone Esrei by Mariv my brain goes off to review the sights and scenes of the day.

I'm getting to bed quite late tonight due to having way too many things happening in one day, and I'm going to be slam-tired tomorrow, which will probably make for a tough morning.

Wish me luck!!!

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 04 Dec 2023 06:54

[bright wrote on 04 Dec 2023 01:22:](#)

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If this was not in jest...

I second R' ChaimO's request for details -

Personally I relate altho not sure if it's for the same reason - I happen to always get my day started on the wrong foot with the long davening.

I also really don't like Hallel because it feels very hollow to me on Rosh Chodesh - I don't feel anything but, hello, it's hallel! It's a downer for me usually.

(altho in EY there's a breslov minyan that does like a 2 hour Hallel with a band and dancing every Rosh Chodesh - I did that once and it was awesome!)

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 04 Dec 2023 15:36

[HeChochma wrote on 04 Dec 2023 06:49:](#)

Day 3:

Wish me luck!!!

I do not wish you luck. Luck is for the Irish ?? and it's often fuelled by rye whiskey.

I wish you courage. And heart. And strength. I wish you hope. And joy. And connection, with loved ones and with Hashem. I wish you serenity and clarity and Chochma.

I wish you Chaim.

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Re: I Can Run But I Can't Hide

Posted by cordnoy - 04 Dec 2023 16:22

Anyone have issues with the week of Asarah b'Teves when it falls on a Friday? I am dreading that beginnin' of the week Monday.

#FAFO

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 04 Dec 2023 19:20

[cordnoy wrote on 04 Dec 2023 16:22:](#)

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#FAFO

Hey Cordnoy! Welcome to my thread! Thanks for joining the party!

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 04 Dec 2023 19:27

Day 4:

Went to sleep at 3:30 last night due to a random string of events.

I'm exhausted.

Luckily I can nap now for a few minutes!!

Otherwise everything is going decently.

I got a bit down because I responded to the Call for Israel email and started calling representatives and I was in tears in a matter of seconds. I didn't mind that too much on a voicemail (which some reps have) but it's very frustrating and upsetting to make an emotional plea to some random secretary who couldn't care less.

Anywho, I'm going to sleep!

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Re: I Can Run But I Can't Hide

Posted by bright - 05 Dec 2023 01:29

[HeChochma wrote on 04 Dec 2023 06:54:](#)

[bright wrote on 04 Dec 2023 01:22:](#)

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It was only half in jest but I didnt want to hijack your thread.... For some reason every RC, I end up missing sedorim, not learning well when I am there, not sleeping at night and just wasting time.

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 06 Dec 2023 05:36

[bright wrote on 05 Dec 2023 01:29:](#)

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Fascinating.

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 06 Dec 2023 05:59

Hechochma, don't look now,

But the clock, don't ask me how

Is reading One...ain't that fun?

Till Eerie will come knockin'

On your door, a good hockin',

Gay shoin shlufin, nu!

Or morgan you'll belong in deh zoo!

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