

90,000 ways to Live without Escaping  
Posted by Shteeble - 11 Aug 2023 08:46

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This thread is for tips and discussions on the subject of living life without escapism.

How do I not lust when I hit a roadblock?

How am I expected not to turn to YouTube (for entertainment purposes) when I'm bored?

How do I live without playing Minecraft, Simcity, Etc.?

How do I deal with life's challenges without escaping into the void?

[Note: Escapism, for the purpose of this thread, refers to the tendency to seek distraction and relief from unpleasant or mundane aspects of daily life.

Lusting definitely qualifies.

Watching TV, Movies, YouTube for entertainment definitely qualifies.

Playing Video Games or Games on your phone qualifies.

For the purpose of this thread, healthy hobbies in moderation (i.e. taking a walk) will not count as escapism.

Sleeping when you are tired will not count as escapism.]

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Re: 90,000 ways to Live without Escaping  
Posted by chaimoigen - 14 Aug 2023 19:53

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Bright, my shining, special friend - I think that there is a world of a difference in how and when one uses the word "escape".

Many of us here on GYE have a hole in our hearts. It could be the result of unimaginably painful experiences, or similar.... Often the pain and internal anguish can drive us to look to "fill" that hole with P&M or other negativity, often we are driven to do most anything do avoid facing and dealing with the pain - hence avoidance and escapism.

Healing isn't just about dealing with the pain and its source. It's also about finding real ways to change, **learning how to be truly filled and fulfilled**, to heal my heart so it no longer has a sucking, black void at it's center... Learning to fill the center of my being with love and goodness, with Emuna and Bitachon and especially with Torah: when this is done right I think it isn't "escape" - **it's part of recovery**.

At least it has been for me. Learning Bi'Iyun, seriously, with ?? ?????? ??? ?????? ???????, writing serious ?????? ?????? that make a difference to me and others, and making a difference for good in the lives of others. These have helped my weary heart feel whole. I don't think that's escape.

I think that's what Dovid HaMelech meant when he said ????? ?????? ??????? ?? ?????? ??????....

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Re: 90,000 ways to Live without Escaping  
Posted by redfaced - 15 Aug 2023 19:49

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I'm not sure why but I'm still having trouble with the quote button occasionally

This is from hopeful posek

I started a new personal project, not really connected to the fight, but something to invest my energies in: learning to lein the megillah. I wanted to do it last year but didn't end up putting enough time into it, IY"H this year will be different and I'm hoping that the feeling of accomplishment will help me in the fight.

Thanks everyone for following along my journey!

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Re: 90,000 ways to Live without Escaping  
Posted by Shteeble - 04 Sep 2023 14:24

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[eslaasos wrote on 21 Oct 2015 16:44:](#)

Yesterday, Skep, one of the moderators, gave me a new understanding of addiction. I can't access the chat session so I'm paraphrasing, hope I get it right.

It's not about lust, per se. The way he explained it, it's a condition that I personally refer to as escapism. Lust is only one of the manifestations, and a common one (I guess it becomes a favorite drug of choice because it's a strong drive we naturally have, is enjoyable and easily accessible among other reasons).

I may not be lusting, but I'm still obsessing, still escaping. 3 years ago it was lust, last year it was something healthier, today maybe it's GYE. As long as I'm still escaping, I will always need to be vigilant because it's the escapism that will drive the lack of control that turns the first "drink" into a free-fall.

What are we running away from? Some people know of traumatic experiences they went through. Some don't.

I'm guessing it's a combination of nature and nurture. Maybe I have a natural tendency that tends to ignore problems and pretend they're not there rather than facing them and dealing with them.

This became the oft-referenced vicious cycle where the escape itself became a problem that was too painful to deal with, requiring further escape. The habit of escaping instead of accepting becomes more ingrained.

With *siyata dishmaya*, we can retrain our behavior patterns; find healthier escapes, take baby steps at accepting instead of escaping. Over time we can lessen the strength of the nurture aspect, but the nature aspect is likely to be there a lot longer, hence the necessity for the ongoing vigilance (and the opportunity for ongoing growth).

I think that's 2 or 3 therapy sessions accomplished by 3 sentences, thanks Skep! If I misunderstood or misquoted you, or took it further than you meant, please correct me. As always, all feedback welcomed!

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Re: 90,000 ways to Live without Escaping  
Posted by bright - 05 Sep 2023 00:38

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I agree with everything you said! Well put as usual.

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