

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 cande - 31 Dec 2023 14:57

[hechochma wrote on 31 Dec 2023 04:38:](#)

[bright wrote on 24 Dec 2023 14:42:](#)

Maybe try having a seder with a chavrusa?

I am considering this - but it needs to be such a geshmake limud and such a geshmake chavrusa and on the phone... My last attempt at an MS chavrusa fell apart recently due to a lack of those three conditions...

what works for me,

PLAY BALL

if you you suck @ ball

go for jog,

hit the gym

MS is exercise night!

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Re: I Can Run But I Can't Hide

Posted by Markz - 31 Dec 2023 15:17

[hechochma wrote on 31 Dec 2023 04:38:](#)

[bright wrote on 24 Dec 2023 14:42:](#)

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Do you maintain the same conditions for porn

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Re: I Can Run But I Can't Hide
Posted by redfaced - 31 Dec 2023 17:06

[Markz wrote on 31 Dec 2023 15:17:](#)

[hechochma wrote on 31 Dec 2023 04:38:](#)

[bright wrote on 24 Dec 2023 14:42:](#)

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Poor comparison.

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Re: I Can Run But I Can't Hide
Posted by redfaced - 31 Dec 2023 17:08

[Markz wrote on 31 Dec 2023 15:17:](#)

[hechochma wrote on 31 Dec 2023 04:38:](#)

[bright wrote on 24 Dec 2023 14:42:](#)

Maybe try having a seder with a chavrusa?

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Do you maintain the same conditions for porn

Poor comparison.

For the one the YH tries to get you to avoid

For the other He tries to get you in.

Being facetious will not help someone sit through a seder that isnt going geshmak

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Re: I Can Run But I Can't Hide

Posted by hechochma - 31 Dec 2023 19:59

[redfaced wrote on 31 Dec 2023 17:08:](#)

[Markz wrote on 31 Dec 2023 15:17:](#)

[hechochma wrote on 31 Dec 2023 04:38:](#)

[bright wrote on 24 Dec 2023 14:42:](#)

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I will add that I don't have a problem sitting generally - still in Kollel here - I just need s on MS that will help me feel **less** like jumping out o' my skin not more.

@Cande - I'm decent at ball and was thinking about getting involved in a game but I'm not sure if the missus will be okay with me leaving on MS - I'm out late Monday - Thursday. I was going for the treadmill idea but alas - didn't *work out* this week (haha)...

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Re: I Can Run But I Can't Hide

Posted by hechochma - 01 Jan 2024 04:14

Day 14:

The past two weeks feel like a different lifetime - not because it dragged along, but because **I am a non-porn-watcher, baby!!!** (To be read in the voice of Mrs. Frozone)

Today had it's challenges, watched the kids the whole afternoon and went to a shiva. But bh everything went well ultimately and I even managed to get on the treadmill for the first time!!!

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Re: I Can Run But I Can't Hide

Posted by redfaced - 01 Jan 2024 13:35

[hechochma wrote on 01 Jan 2024 04:14:](#)

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Good luck getting off that treadmill. I know a guy whos still on it.

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 01 Jan 2024 14:39

[hechochma wrote on 01 Jan 2024 04:14:](#)

Day 14:

Today had it's challenges, watched the kids the whole afternoon and went to a shiva. But bh everything went well ultimately and **I even managed to get on the treadmill for the first time!!!**

Thank you for giving me new newfound meaning to the word "**Hufflepuff**" last night...

This is some serious MEGA MONSTER TRUCKING!!

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Re: I Can Run But I Can't Hide
Posted by hechochma - 01 Jan 2024 18:21

[redfaced wrote on 01 Jan 2024 13:35:](#)

[hechochma wrote on 01 Jan 2024 04:14:](#)

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Good luck getting off that treadmill. I know a guy whos still on it.

Lol - not one of my many problems in life - who knew what you could be grateful for!!! I have another 76 pounds to go...

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 02 Jan 2024 04:26

Day 14:

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Today had it's challenges, watched the kids the whole afternoon and went to a shiva. But bh everything went well ultimately and I even managed to get on the treadmill for the first time!!! Good luck getting off that treadmill. I know a guy whos still on it. Lol - not one of my many problems in life - who knew what you could be grateful for!!! I have another 76 pounds to go... This thread ought to be renamed "I can run but I can't breathe".

You are mechayiv me (among many other things) to get my behind of the couch and get trucking on that treadmill!

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 02 Jan 2024 04:30

[hechochma wrote on 01 Jan 2024 18:21:](#)

[redfaced wrote on 01 Jan 2024 13:35:](#)

[hechochma wrote on 01 Jan 2024 04:14:](#)

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 02 Jan 2024 13:51

[hechochma wrote on 01 Jan 2024 04:14:](#)

Day 14:

The past two weeks feel like a different lifetime - not because it dragged along, but because **I am a non-porn-watcher, baby!!!** (To be read in the voice of Mrs. Frozone)

Today had it's challenges, watched the kids the whole afternoon and went to a shiva. But bh everything went well ultimately and I even managed to get on the treadmill for the first time!!!

You are awesome!

Studies have shown that non-porn watchers have a slightly higher success rate at the treadmill.

Please be aware, however, that **not-going-on-the-treadmill** has been found in many studies to be a habit-forming, even addictive, activity. Along with not-jogging, not-weightlifting, and taking the elevator.

Keep soaring!

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Re: I Can Run But I Can't Hide

Posted by hechochma - 03 Jan 2024 02:00

Day 16:

Doin' aight - my son has been sick, and I've been having a hard time dealing with some individuals in the mornings. It's a good thing that I'm a non-porn-watcher because b'h I am leaning into the sharp feelings in life and I had a decently productive second seder.

Thanks to connected for helping me along my journey to find myself - this has been a lost-at-sea week and I think if I would honestly accept connected's advice I'd stop trying so darn hard to control my life.

Alas, I'm still missing either the serenity or the wisdom to accept some things. Either way - I'm makin' moves and hopefully I am moving forward slowly in the journey to be myself and achieving greater clarity into who that is.

B'h one thing I do know about myself - I'm a clean-bean-non-porn-watchin'-machine

Peace (that's a prayer)

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Re: I Can Run But I Can't Hide

Posted by hehochma - 04 Jan 2024 04:13

Day 17:

As ChaimO wrote elsewhere - nothin' quite like 4+ hours of hespedim to change things up. Was a tough day but bh I canceled night seder and took a little nap and now I'm as spry as a robin.

My brain is still in a swirl over what to make of my life - trying to follow my thoughts and feelings while discounting calculations of my own pride, my own success, my own etc. It's a good deal easier said than done, so I keep questioning and rethinking and perhaps I'm not doing the right thing this way that way or the other.

To be clear the question at the mo is if I should begin college online in the near future. Alas, the answer is beyond me but I'm darn close to a yes. College is a long-term commitment that would change my life. Hence the vacillations. Only death is certain, and only death brings certainty.

Either way - shemiras einayim struggles were extra special today due to the added stress of the levaya+not eating properly+standing for 4 hours and more women around. Worse has happened - I ain't afraid of Satan's little pea-shooter - he has to bring out the big guns if he

wants to draw fire. Ain't invitin' him to draw fire neither. Bh.

Love y'all brothers - Happy news for the Jews b'karov...

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