

I Can Run But I Can't Hide

Posted by hehochma - 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 hechochma - 04 Jan 2024 14:26

[Hashem Help Me wrote on 04 Jan 2024 04:41:](#)

But that levaya was a constant reminder of how we must set up our gedarim.... that was Rav Matisyahu's tzava'ah. He changed the world. Gave shtoltz to those with standards.

And b'h I'm proud of my dumb-phone, I'm proud of my filter with almost no access to entertainment, and I'm proud of my recently initiated WebChaver too - how was my last check-in? ;-)

It's lesser known but R' Matisyahu also raised a generation of Talmidim and taught them how to fight the battle against the soneh hagadol from the inside, once they protect themselves from without.

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Re: I Can Run But I Can't Hide
Posted by redfaced - 04 Jan 2024 16:48

[hechochma wrote on 04 Jan 2024 14:26:](#)

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Are you almost ready to take it to the next level and delete the word in bold?

Aint no time like the present

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Re: I Can Run But I Can't Hide

Posted by hehochma - 05 Jan 2024 19:59

[redfaced wrote on 04 Jan 2024 16:48:](#)

[hehochma wrote on 04 Jan 2024 14:26:](#)

[Hashem Help Me wrote on 04 Jan 2024 04:41:](#)

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You know it's one thing to get a push from redfaced - but then I looked down at all the Thank Yous and I'm like "What?! You guys too!!!"

Just kidding.

But honestly, currently the entertainment on my computer is jmusic.me, ynet headlines to keep track of eretz yisroel, and DIY Homeowner for Dummies - I think I'm better off with them currently than without. I really appreciate the push tho, that's what friends are for (see your first or second post on my thread, Redfaced. Didn't understand you then, but boy do I now)

Day 19:

Bh all doing good - out of town for Shabbos which makes it significantly harder to keep in touch so I am going to be careful to call HHM and two others each day as well as text one person.

As I was reading BennyH's thread It occurred to me again just how special the people here are and honestly I don't think that you all realize how amazing you are. Chazak V'ematz and Good Shabbos!!!

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Re: I Can Run But I Can't Hide
Posted by hehochma - 07 Jan 2024 04:27

Day 20:

I did as I said but I'm definitely under more stress, way more triggers, and holdin' on Rabbosai. Ich bin nishkein porn-kikker, fellas... Come what may.

Thanks to YKW, HHM, CO, and Foolie.

Ah gut voch!!!

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Re: I Can Run But I Can't Hide
Posted by hehochma - 10 Jan 2024 04:45

Day 23:

Bh, day went great, big thanks to ChaimO, Foolie and Eerie!!!

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Re: I Can Run But I Can't Hide

Posted by hehochma - 14 Jan 2024 19:37

Day 27:

By the way, even in the days when I haven't specifically thanked HHM - thank you HHM. (I hope that works - my wife would never let that fly)

Doing regularly awful - tired, wrung out, kid is sick, didn't sleep last night, yesterday afternoon or early this morning. Ran late in the morning and got into a spat with my wife (b'h a rare occurrence) thanks to HHM for letting me vent. All is b'shalom again.

I'm going to take a nap and try not to think about my future while I'm exhausted and it's dreary outside.

As richtig writes often - a few weeks ago, I would be porned-out seven times over, and even today I saw two inviting pics and was tempted by a very random opportunity to engage in chats - bh I pursued neither one seriously altho I looked into the chats for a bit longer than warranted. It didn't help that I haven't been able to be together with my wife for some time.

Going down as a big win. Thank G-d I'm alive. Now I just have to get some sleep!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 14 Jan 2024 20:26

[hechochma wrote on 14 Jan 2024 19:37:](#)

Day 27:

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this method works too

Thank G-d I'm alive.

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Re: I Can Run But I Can't Hide
Also Hashem
Posted by hechochma - 16 Jan 2024 20:07

Day 29:

There once was a man whose wife had the flu

He hated to stay home but that's what he must do

No learning, no praying, and no chapping a shmooze

"Perhaps," said a little voice "it's now time to use"

"It'll take just a moment and you'll feel so good"

"You deserve it, you need it, you totally should"

A few phone calls later things seemed a bit steady

What I didn't predict was how I'd feel when I got in my beddy

G-d almig-hty was kind enough to save me

But not before slipping and sliding like crazy

Was it a win or a loss, I really can't tell

I guess I'll go to heaven and also to hell...

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Re: I Can Run But I Can't Hide

Posted by cordnoy - 16 Jan 2024 22:23

[hechochma wrote on 16 Jan 2024 20:07:](#)

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I didn't notice the part where God saved you, and is the 'goin' to Hell' (if there even is such as thin') from this episode? If yes, why pray tell?

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Re: I Can Run But I Can't Hide

Posted by hehochma - 17 Jan 2024 00:52

[cordnoy wrote on 16 Jan 2024 22:23:](#)

[hehochma wrote on 16 Jan 2024 20:07:](#)

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I didn't notice the part where God saved you, and is the 'goin' to Hell' (if there even is such as thin') from this episode? If yes, why pray tell?

I wish I could say that I surrendered and asked G-d to bail me out but this was more like a cheesy haba litaher mesayin lo story. My wife woke up and shook me outta my state of jitters.

Hell. Well, I screwed up somewhat. I started thinking and planning about how I could get my eyes on a nice bit o' lusty material. I looked at something that wasn't precisely appropriate. For that I will go to hell. Nothing to worry about. Just being purified from my own mistakes. The great thing about going to hell is that it doesn't mean that I didn't also achieve a great accomplishment in the part of the battle in which I succeeded. So that allows me to take this overall as a win.

But really the line just kinda popped into my head and I thought it was funny :-)

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 17 Jan 2024 01:32

Your seussian rhyme hit me hard on the nose

And dropped a wet chill all the way to my toes

If your flu-up and screw-up in true-up will tell

As a non-pornerator you ain't going to hell !

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Re: I Can Run But I Can't Hide

Posted by yitzchokm - 17 Jan 2024 01:33

[hechochma wrote on 17 Jan 2024 00:52:](#)

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Sounds similar to Yosef when he saw the face of Yaakov. Did you push it off for a while after you had the urge before your wife woke up? Did you still have the ability to sin after your wife woke up? Could you think of an appropriate and effective response, should you have another urge? Keep up your good work.

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Re: I Can Run But I Can't Hide

Posted by redfaced - 17 Jan 2024 02:04

[chaimoigen wrote on 17 Jan 2024 01:32:](#)

Your seussian rhyme hit me hard on the nose

And dropped a wet chill all the way to my toes

If your flu-up and screw-up in true-up will tell

A non- porn user ain't going to hell !

NOT FAIR - I was about to call you out for saying aggregate , than you go and edit your post!?!?!
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Re: I Can Run But I Can't Hide
Posted by eerie - 17 Jan 2024 18:31

You know, dear HeChochma, as I read your cute post,
It's clear there's a win of which you can boast,
Just keep on trucking, a smart man once said,
And next time you're itchy as you lay in bed,
Don't just lay there all lost, with thoughts all tzifloigen,
Just get up and call the Rosh, Chaim Oigen!!!
And if he's learning with Benny, ah, how they enjoy,
Well, then, get your bulletproof vest and call The Cordnoy!!!
This great post of yours put some ideas in my head,
Cause the boys say there really should be a thread,
Where guys can all write their fictional story,
And let's see who can come up with the one the most gory,
I just thought that it's great, your poem and it's timing,
Start a thread where we can also try our hand at rhyming,

And as you go up, and your zechuyois are piling,
The main thing my friend, is **MAKE SURE YOU KEEP SMILING!!!**

B'ahava

Gimpel

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