

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 hechochma - 26 Jan 2024 18:30

With his flowing beard as white as snow,
My dear friend R' Chaim O,
Posed a challenge, asked nothing less,
Than to define the nebulous notion - "Success"

I pondered, I thought and I contemplated
My brain swirled, stewed and percolated
Finish shas, write seforim on every inyan?
Become a mechanech, *zeriya* and *binyan*?
Prayers full of fire and holy passion?
Selflessly give with love and compassion?

Perhaps success is to do with all of my being,
To live in the moment without quite seeing,
To fully be with all of my doing,
Instead of sitting around with my brain stewing.

Well, that's all nice to speculate,
But my brain still continues to percolate,
Looking for an answer, a direction that's real,
Something I can see, follow and feel,

An Anan to guide the journeys by day,

A pillar of flame when the sun starts to fade,

Through the forty-two journeys of a poshiter yid,

Alas, I am lost, and farewell I must bid.

(Just saying Good Shabbos, don't get any ideas...

Stuck here with my thoughts, help out and come free us...)

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 30 Jan 2024 06:00

The dark traveler paused for a moment, his face hidden in the shadowed cowl of his long cloak. A chill wind was blowing, carrying the scent of the freshly fallen snow. There were wolves howling somewhere. He checked the brace of daggers at his hips, and the great broadsword strapped across his broad back, their keen blades glistening in the pale moonlight.

42 Masaos had he passed.

There were many more to come. Miles to go before he could sleep. Yet, as he began walking again, along the path that would lead to the mountain pass, the traveler was humming a quiet tune, hands swinging as he strode with purpose, briskly, into the night.

Promises to keep, indeed. Yes, he would.

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Re: I Can Run But I Can't Hide

Posted by simchastorah - 30 Jan 2024 07:28

Lost had he been, 'ere the lightning briefly illuminated his path. There were even times when the icy clutches of despair threatened to overtake his heart, to cast aside the fading recollection of the promise he had made, of the quest yet to be fulfilled. But like a shining beacon had the lightning come, illuminating for him the barely trodden course. In his heart still he bore the memory of that light, and he followed it's course with all of the fortitude for which he had been chosen. And he was glad.

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 07 Feb 2024 02:43

How is The Wisdom doing lately?

Love,

Nagini

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Re: I Can Run But I Can't Hide

Posted by foolie - 07 Feb 2024 04:28

[youknowwho wrote on 07 Feb 2024 02:43:](#)

How is The Wisdom doing lately?

Love,

Nagini

If I didn't know this wasn't a Wheel of Time reference I would've said this question is inappropriate on this forum however since we aren't referencing the Wheel of Time no harm no foul

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Re: I Can Run But I Can't Hide

Posted by hechochma - 07 Feb 2024 14:28

[foolie wrote on 07 Feb 2024 04:28:](#)

[youknowwho wrote on 07 Feb 2024 02:43:](#)

How is The Wisdom doing lately?

Love,

Nagini

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I am actually sucked into a book written by the guy who took over The Wheel of Time after the death of the first author. Hence my utter missingness.

I also learned yesterday - which was wonderful.

I'm clean, Thank G-d in heaven.

And I'm swaying back and forth between going to college and not going to college...

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 07 Feb 2024 16:29

[hechochma wrote on 07 Feb 2024 14:28:](#)

[foolie wrote on 07 Feb 2024 04:28:](#)

[youknowwho wrote on 07 Feb 2024 02:43:](#)

How is The Wisdom doing lately?

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Avoid being poisoned by the taint, channel the Power well!!!

(I've been meaning to read the rest of the series for years. Stopped at about book 8 and was waiting for the author to write the end before getting further sucked in. Now I have no time. Wheel of or otherwise. Learning is better anyways)

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Re: I Can Run But I Can't Hide

Posted by hehochma - 18 Feb 2024 19:07

Learning is better anyway.

I fell. My count will restart.

I don't intend to say much about it. I have changed a lot since two months ago and this fall doesn't take that away.

Onward and upward!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 18 Feb 2024 19:17

Learning is better anyways.

You have and you will.

The ??? ?????? ????? spell LEV. Your heart, strong, true and warm, will carry on.

Onward and upwards.

Here's a hug,

Chaim

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Re: I Can Run But I Can't Hide

Posted by cande - 18 Feb 2024 19:36

[hechochma wrote on 18 Feb 2024 19:07:](#)

Learning is better anyway.

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I don't intend to say much about it. I have changed a lot since two months ago and this fall doesn't take that away.

Onward and upward!

oy!, my rebbi Hechochma,

Onward and upward! a stepping stone, to become greater.

gonna have a greater rebbe, then before.

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 19 Feb 2024 02:32

Oh Potter, you rotter, what happened to thee?

Cuz Harry you are, say those who've seen ye!

All that's missing from that smart head of yours,

Is the scar of lighting, so sorry-no tours!

You've fallen from *what* and into *where*?

Is what wonders evil Voldy, with nary a care

Whether you're Up, high in Upville,

Peering down at us below, in Realville

Or perhaps Down, in dark Downville, slumped like a Glump

Who forgot to brush his mane, looks like a Shlump

You are still the same man, The Wisdom

Sharing time and good sense with all in the kingdom

A laugh, we can always count on from you,

A funny vort for when I'm feeling blue

Eitzah, common sense you have in your brain

Even though, for yourself-it all goes down the drain

Hogwarts cannot afford to have you gone

Lost in the Forbidden Forest of hither and yon,

College or not, oh, the agony!

Stroke your beard all day at a desk of mahogany

Make up your mind, time to decide
Or under my Invisibility Cloak I will hide
Give us some wise old jolly and cheer
Don't beat yourself into a foaming butterbeer
Or an Unforgivable Curse I shall utter...
Make you're clothing singe, it will melt like butter
I don't strike to kill, Harry dear,
I am just a fat load of hot air
Shelve the Sad, bench Despair,
Hechochma, you're so special, cuz you care!

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Re: I Can Run But I Can't Hide
Posted by hechochma - 21 Feb 2024 20:33

[youknowwho wrote on 19 Feb 2024 02:32:](#)

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Whether you're Up, high in Upville,
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I don't strike to kill, Harry dear,
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Shelve the Sad, bench Despair,
Hechochma, you're so special, cuz you care!

Slam Dunk!

10/10 on Humor

10/10 on Pithy Wisdom

10/10 on Potter References

10/10 on Encouraging Sledgehammerism

10/10 on Prose

Thanks YKW -

Olympic Gold medal!!!

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Re: I Can Run But I Can't Hide

Posted by eerie - 21 Feb 2024 22:32

[hechochma wrote on 18 Feb 2024 19:07:](#)

Learning is better anyway.

I fell. My count will restart.

I don't intend to say much about it. I have changed a lot since two months ago and this fall doesn't take that away.

Onward and upward!

Slam dunk!

10/10 on the attitude

10/10 on the fortitude

10/10 on the resolve

10/10 on the inspiration!

Keep inspiring us, my friend!

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Re: I Can Run But I Can't Hide

Posted by hehochma - 25 Feb 2024 04:40

Life is not a performance.

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