

I Can Run But I Can't Hide

Posted by hechochma - 27 Sep 2023 18:57

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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 frank.lee - 05 Nov 2023 23:53

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Yes, so easy but so difficult. You just need to think and take smart action, with commitment.

In retrospect, BH you will be shocked how easy it was to break free!!

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 08 Nov 2023 01:11

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Thank you everyone for sharing the experience of being on the other said.

I wanted to share a few thoughts.

I'm clean about twelve days now.

I've been clean for much longer than that in my life. But this time was different.

I was clean this time from the inside out - I was clean because I wanted to stay with myself, to live with my emotions and to stop escaping.

This time it was a journey to find peace.

Indeed, many of the days were filled with peace - and I was able to process my own emotions by talking with the wonderful people here.

Recently I've been stressed out about what I should be doing with my life.

Been driving me bananas, honestly.

But we'll get to that in another post

Perhaps more importantly - I feel like I don't have any friends.

Plenty of acquaintances to be fair - but friends - people I talk to regularly or share even a mashehu of vulnerability - noop.

There's tons of people that I are similar to me in the most external way - yungeleit in lakewood yada yada. But to connect in more than a small-talkish way - socially off isn't it?! And like if I have emotions - forget it!

That's how it feels to me - anyone else relate or have some thoughts about navigating this?

And another question for the wise constituents of GYE - I'm considering meditating every day after first seder just to settle me down a little bit - anyone have experience with meditating/mindfulness?

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Re: I Can Run But I Can't Hide

Posted by ainshumyeiush - 08 Nov 2023 01:48

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Check out Jewish meditation by r aryeh Kaplan. Im pretty sure you can pick it up in judaica plaza. Its very good and written with beginners in mind.

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Re: I Can Run But I Can't Hide

Posted by willdoit - 08 Nov 2023 03:19

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Oh boy, can I relate to this.. extremely painfull

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Re: I Can Run But I Can't Hide

Posted by connected - 08 Nov 2023 18:22

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[HeChochma wrote on 08 Nov 2023 01:11:](#)

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Hey, wise constituent of GYE here.

Sounds like a tough spot. What makes the situation even sadder is that I bet there are dozens of other guys around you who feel the same way, and all think they're an anomaly and feel lonely as a result. Ah, society.

What I can suggest is that you join a group/course/seminar dedicated to personal growth and create meaningful relationships that route.

Heck, you'll probably meet those people you currently only have small talk with.

Or maybe a bunch of Chasidim. Don't be afraid; we don't bite (we broke our teeth trying to speak English at the course).

As for meditation, it can be a useful tool. I would caution you to find a good teacher to guide you through the process because otherwise, its effects can be the opposite of settling you down.

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Re: I Can Run But I Can't Hide  
Posted by bright - 08 Nov 2023 19:37

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Move out of town.

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Re: I Can Run But I Can't Hide  
Posted by iwannalivereal - 08 Nov 2023 20:05

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So happy to hear about your inner peace! I too had similar experience in where I was super proud of my streak even when it was only like 2 weeks because I felt that inner change starting to happen which is such an important part of this struggle.

About your friend question... 2 things come to mind. First of all when we live with this deep dark secret it's very likely that even the friends that we do have, we can't build the relationship because subconsciously we're afraid that if we get too close they might find out about who we really are. The second thing I have noticed (sort of the same point just from the opposite angle) is that I have recently made 3 friends here on GYE who know all about my deep dark secrets. I have shmoozed with them on the phone, and I have even met 2 of them in person. My feelings towards them is that although I don't really know them much, the fact that they know my vulnerable and secret side of me makes me feel so much more comfortable even with random shmoozing than it does when I'm shmoozing with guys I've known for years. We share a

common secret and I have nothing to hide from them.

Not sure what the eitzah is, but you're always welcome to come visit me in the Yoshon!

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Re: I Can Run But I Can't Hide

Posted by ainshumyeiush - 08 Nov 2023 20:09

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Ah! He learns in yoshon! Now we can figure out who he is!

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Re: I Can Run But I Can't Hide

Posted by iwannalivereal - 08 Nov 2023 20:12

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If you're curious enough!!!

But hey I never said that's where I learn... maybe I just do the 2 hour shachris thingy they have going there!

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Re: I Can Run But I Can't Hide

Posted by jackthejew - 08 Nov 2023 20:13

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[iwannalivereal wrote on 08 Nov 2023 20:12:](#)

If you're curious enough!!!

But hey I never said that's where I learn... maybe I just daven shachris there for 3 hours!!!

Then you wouldn't be posting. You'd probably be busy trying to roll the "Tizzzzkeru"

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Re: I Can Run But I Can't Hide

Posted by iwannalivereal - 08 Nov 2023 20:17

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Oh hey jack maybe that should be a new GYE tool! Try rolling the tizkeru in the yoshon will keep you busy so for so long you wont have any time for anything else!!!

And maybe taka those tizkeru rollers in the yoshon are so busy cuz they know this trick!!!

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Re: I Can Run But I Can't Hide

Posted by chooseurname - 08 Nov 2023 22:38

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[ainshumyeiush wrote on 08 Nov 2023 01:48:](#)

Check out Jewish meditation by r aryeh Kaplan. Im pretty sure you can pick it up in judaica plaza. Its very good and written with beginners in mind.

Or better yet, his book Meditation and Kabbalah. Fascinating read, and the chapters on Chassidus are very practical (the chapters on meditation on the name of 72 are slightly less practical).

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Re: I Can Run But I Can't Hide

Posted by ainshumyeiush - 09 Nov 2023 00:08

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Also a very good book, however, Jewish meditation is geared towards beginners and explains everything very clearly with practical information for using the different techniques.



Re: I Can Run But I Can't Hide

Posted by redfaced - 09 Nov 2023 02:23

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[iwannalivereal wrote on 08 Nov 2023 20:05:](#)

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Not sure what the eitza is, but you're always welcome to come visit me in the Yoshon!

Very well said . I have friends here for 6 months that I am closer too & more comfortable with, than the friends I've had for 20+ years.

When you share the depths of your Neshama with someone else , & he with you it creates a closeness that is not easily replicated.

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