

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 HeChochma - 01 Dec 2023 00:14

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Thank you everyone for your words of chizuk.

I appreciate you all sticking around even though I disappeared like a moron.

Thank you for being here for me at a moment when I so absolutely hate myself. The fact that you are here gives me a glimmer of hope that maybe I am not such a hopeless case after all.

I fell and I fell hard and long.

Three takeaways for this time around:

**1. Post on my thread everyday.** A major part of this fall was that my posting petered out and I slowly felt less and less actively connected to the crew here.

**2. Texting three friends "trouble" when trouble is brewing.**

**3. Underlying the above two - not getting cocky, not dreaming up that I'm totally scot-free after four weeks and not letting my guard down.**

I would rather not need GYE - and there's all kinds of cheshbonos - I have to go get internet access or go home, it takes away from learning, etc etc Maybe I'm numbing my own boredom with GYE etc etc.. But under it all - I'd like to believe that I've left it all behind and I just don't need anymore help.

But I do.

And I have to hold on to this Etz Chayim.

Shkoach Everybody. Credit to Foolie and ChaimO for the above points.

Mazel Tov on 35 days of peace.

Here's to 3500!

Starting today.

Hayom yom zero le'omer

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Re: I Can Run But I Can't Hide

Posted by youknowwho - 01 Dec 2023 06:21

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Dear Hechochma,

The three points you mentioned sound perfect, especially having been inspired by CO and foolie.

I'll just comment on the beginning of your post ...you are the furthest from a moron or a hopeless case...it's quite the opposite! We admire and appreciate you whether you're up, down, right, left, and all around! (Here, there, and everywhere, that's where he can be found! Okay I'm done unwinding, I'd better go to bed!!)

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 01 Dec 2023 06:25

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A lot of cogent, thoughtful points.

But: The line I liked the most was “**starting today**”. I suspect Markz would agree.

The line I so deeply **disliked** was “I so absolutely hate myself”.

Hey! How dare you smear my brilliant, insightful, caring, growing, striving friend with your hatred?

No seeds of redemption and hope were ever planted by self-loathing.

Pick yourself up, give yourself a hug, with Rachmanus. Then give yourself a loving, firm kick in the pants and get back up on that wagon! Conquer today, for starters. You know you can.

You’re a force for the good, a good man. and, with Siyata Dishmaya, you shall be a better one tomorrow.

HaYom Yom Echad. TYH.

love,

Chaim

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Re: I Can Run But I Can't Hide

Posted by Hashem Help Me - 01 Dec 2023 12:24

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[chaimoigen wrote on 01 Dec 2023 06:25:](#)

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HaYom Yom Echad. TYH.

love,

Chaim

Gadlus. Give this post to every mashgiach in every yeshiva to give to the bochurim who come crying that they are the biggest reshaim the world has ever known....

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 01 Dec 2023 14:12

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\*Perky Camp Announcer Voice\*

Good Morning GYE!

**Day 1:**

Feels way better to be back on the horse, bh.

Thank you everyone for the empathy, the hugs and the kicks in the pants...

In your zechus I managed to get the self-loathing out of my system in under 48 hours. Without you... I would disappear for a month at least. If only my wife would know the psychological oblivion that you have all saved me from - she would send you all cookies or something. In the meantime, you'll have to settle for my thank you (I can't bake to save my life)!

@ChaimO - I know I could be a bit mean to that HeChochma guy - it's very gratifying to pick on him and I'm a bit of a bully - but I will heed your advice and leave him be.

@YKW - Thank you for the chizuk and the unwinding tips - the lizards had me out cold before I knew what hit me ;-)

@HHM - Indeed - we have to arrange a Mashgiach training course with the legends of GYE - I know a few Mashgichim in Lakewood...

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 01 Dec 2023 19:41

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Hey wait... it's still...

**Day 1:**

Headed into a bit of a nisayon over shabbos I won't be eating at home and there will be some stress, lost sleep and prolonged social situations with women.

It will be fine unless it's not - so wish me yirtzeh Hashem and I'll wish back my commitment to fulfill the im yirtzeh HeChochma part!!!

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 01 Dec 2023 19:56

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[HeChochma wrote on 01 Dec 2023 19:41:](#)

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Will be thinking about you! Gut Shabbos! Menucha Visimcha

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 02 Dec 2023 23:26

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**Day 2:**

B'h Shabbos went well - quite tired despite the long friday night, but otherwise everything went well.



Some other things weighing on my mind - same old ruminations about friends and about what the future holds for me (career-wise mostly, I suppose). They feel as new as ever, however.

It's a special Shabbos/Motzei Shabbos stress since I don't have the same rigorous schedule and I do a fair amount of walking and semi-awkward kiddush socializing which leaves a lot of time to try to divine the future - a task I haven't succeeded at yet and certainly never will, but one that is nevertheless always inviting.

As soon as I get back to being productive these highly monumental issues fade into the background of life - so, I guess I will try to be off to do something productive ASAP.

Anyone else have a hard time with Motzai Shabboses?

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Re: I Can Run But I Can't Hide

Posted by optomism - 02 Dec 2023 23:32

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From my experience motzei shabbos is not a pashut night for many people. It's hard for many people to go to sleep on time, not watch movies or lose all the energy from shabbos in a healthy way.

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Re: I Can Run But I Can't Hide

Posted by chaimoigen - 03 Dec 2023 00:29

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Besides being long and unstructured, most people feel a restlessness on Motzei Shabbos. A feeling of wanting to "paint the town red", or "go out and do something". It's been explained that this may be a symptom of the gnawing emptiness that the Neshoma Yeseira leaves in her passing...

It has helped for me to schedule specific productive Sedorim on MS, with a Chavrusa....

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 03 Dec 2023 02:29

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[chaimoigen wrote on 03 Dec 2023 00:29:](#)

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It has helped for me to schedule specific productive Sedorim on MS, with a Chavrusa....

Boy do I want to paint the town red tonight!

I stay home with my wife on MS to help her be less lonely in her own "What in the world am I supposed to do with myself now" feeling.

It's nice but very low-energy - I should probably take a run or something.

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Re: I Can Run But I Can't Hide

Posted by foolie - 03 Dec 2023 02:43

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Here is a horribly shocking thought if you're already keeping your wife company play monopoly or skip bo with her or go to your local plaster gallery buy a bunch of plaster projects and paint them with her together and \*gasp\* make small talk with each other

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Re: I Can Run But I Can't Hide

Posted by HeChochma - 03 Dec 2023 02:47

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[foolie wrote on 03 Dec 2023 02:43:](#)

local plaster gallery buy a bunch of plaster projects and paint them with her together and

This... is a great idea!

\*gasp\* make small talk with each other

This we do already bh - definitely enjoyable but doesn't quite get out the MS jitters!

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Re: I Can Run But I Can't Hide

Posted by foolie - 03 Dec 2023 02:51

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That's painting + small talk simultaneously aka multitasking you know you can do it because you can walk and talk at the same time too

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