

making the silent battle...not.

Posted by silentbattle - 04 Dec 2009 04:12

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Because isn't that why I'm here? And silent battles are always more difficult to fight. There are very few people in the "real world" (you know, the one where people lie, cheat, steal, and are ) that I can talk to about this - so this is my chance, I guess.

I'm in my late 20s, single. I learned in Eretz Yisroel for a bunch of years, and had tremendous success, both in learning, in middos, and general personal growth.

When I came back to america, though, things were different. I didn't have the same social framework of the yeshiva that I'd gotten used to. Most of my friends were married, in a different country/state, or both. And the few friends who were still around were crazy busy with their own things. So there I was, lonely, without any support system to speak of, having trouble with dating, and full of the standard drives that guys have. And no real outlet for any of my emotional and physical needs.

Speaking to Uri and reading his posts, yes, I suppose I have a deeper neediness, and to me, "loneliness" includes that - the feeling of not having people to rely on, not feeling wanted, needed, etc.

So I started going to various websites - I started by using them as fuel for fantasies, but eventually ended up meeting women in real life. And while I was honest with them, and made sure they were aware that it could never become something truly serious (how ironic, that my being frum influenced me even while I was doing these terrible aveiros!), I got involved in one unhealthy relationship after another. They provided a fleeting comfort, and even some support, but nothing lasting, and in retrospect, it's no surprise that my dating wasn't very successful (even though I wasn't in any other relationships at the time of dating, I just wasn't in a very healthy place overall).

And then...Hashem helped me. I'm very close with my rebbe, but I could never bring myself to tell him about this, even though I wished he would somehow find out. Well, he did - and I was horrified, but amazingly relieved at the same time. He directed me to a therapist, and the therapist mentioned this website - so here I am.

So, the major issue I'm dealing with is not meeting people in real life - but while I'm at it, my therapist recommended trying for complete abstinence - and I thought, "why not?" After all, if I'm looking to improve myself on a ruchniyos level, then I should try to stop mz"l too, right? And, so far, so good. Clearly, Hashem has been helping me. I've been clean over a month from unhealthy relationships, and something like 11 days on the WOH.

Thank you, everyone, for being part of this group.

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Re: making the silent battle...not.  
Posted by imtrying25 - 08 Dec 2009 17:50

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Wow Sb kol hakavod to you. Im sure it wasnt easy. Lefum tzarah agrah. Keep it going battler.

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Re: making the silent battle...not.  
Posted by silentbattle - 08 Dec 2009 23:41

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You're right - thank you for reminding me of that!

A soldier's success is limited by his comrades - so if I'm succeeding, that says a lot about you!

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Re: making the silent battle...not.  
Posted by silentbattle - 09 Dec 2009 02:07

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Guard, thanks for quoting me in the chizuk email...everyone deserves to hear that thank you

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Re: making the silent battle...not.  
Posted by silentbattle - 09 Dec 2009 02:09

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Also wanted to mention...obviously, everyone has a different relationship with their rebbe, but I was pretty down when I realized that it's going to be another month or two before I'm dating again. Makes me feel like I'm not moving forward (even though I know I am), which makes this whole thing harder, especially my loneliness.

But talking to my rebbe helped - didn't make it better, but it did help. It was nice to know that he cares so much, that he loves me and cares for me no matter what, and that he has faith in me.

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Re: making the silent battle...not.  
Posted by the.guard - 09 Dec 2009 08:43

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We all have faith in you here. You are no longer alone!

Did you listen to the Shiur from Reb Tatz in the Chizuk e-mail about the loneliness?

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Re: making the silent battle...not.  
Posted by imtrying25 - 09 Dec 2009 12:04

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But talking to my ~~rebbe~~ GYE family helped - didn't make it better, but it did help. It was nice to know that ~~hethey~~ they cares so much, that ~~he~~ they loves me and cares for me no matter what, and that ~~hethey~~ ~~h~~ashave faith in me.

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Re: making the silent battle...not.  
Posted by silentbattle - 09 Dec 2009 13:09

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Why don't they have smiley faces with tears?

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Re: making the silent battle...not.  
Posted by imtrying25 - 09 Dec 2009 22:28

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Because they were invented before GYE came around.

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Re: making the silent battle...not.  
Posted by silentbattle - 11 Dec 2009 17:37

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Boruch Hashem, things are going well. Hashem has truly helped me out (and I davened for exactly this), as several of the women I was involved with have found people that they can truly connect with and form long-term relationships with, and that are treating them well, so I'm happy for them, and also know that that cuts off the possibility of returning to them.

have a great shabbos, all, and a freilichin chanuka - may we all continue to light up our own lives, and the lives of those around us.

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Re: making the silent battle...not.  
Posted by silentbattle - 13 Dec 2009 07:49

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Just posting to express again my appreciation to all of you for being there for me. You've helped me continue to fight my major nisayon, and provided the framework for me to fight nisyonos that have been with me for years, without any thought of truly fighting them.

Touche, IT25

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Re: making the silent battle...not.  
Posted by habib613 - 13 Dec 2009 08:02

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GSBG!

and thank YOU for bringing up such relevent topics, and for staying strong.

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Re: making the silent battle...not.  
Posted by silentbattle - 13 Dec 2009 13:39  
it's so funny, cuz i feel like you've been here forever... but then i realized you're really new

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That's the point of a community like this - All of you help me be strong. I hope that in some way, I can give back and be part of the movement that we're all part of, trying to improve.

Can I ask for a translation of "GSBG," though?

Reb Guard - I have not listened to it yet, but I'm going to look for it now and download it...Thank you!

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Re: making the silent battle...not.  
Posted by Kedusha - 13 Dec 2009 17:52

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[silentbattle wrote on 13 Dec 2009 13:39:](#)

Thank you Habib!  
Can I ask for a translation of "GSBG," though?

GSBG = Go SilentBattle, Go!

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Re: making the silent battle...not.  
Posted by silentbattle - 13 Dec 2009 20:16

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Ah - (hitting myself in the forehead emoticon). Got it.

Thanks Kedusha, Habib!

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Re: making the silent battle...not.  
Posted by Noorah BAmram - 14 Dec 2009 02:08

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[silentbattle wrote on 08 Dec 2009 13:13:](#)

Just took another difficult step...said goodbye to a woman who I'd been friends with. It was hard, not just because we were attracted to each other (which we were), but because we weren't even meeting, we were just talking on the phone, as friends, so I could justify it...and she really needed someone to be there for her, and I liked that being me.

But, I have no doubt that I did the right thing. I just wish I didn't feel so grimy, like I'm abandoning a friend, while doing the right thing.

Wow Wow Wow!!!!

When I read your post, I said to myself this guy doesn't even realize it, but he is mamesh Yosef Hatzadik!!!!

And u feel grimy, u little Yosef'I? ( I know I know its not easy telling someone anyone who needs us that we can't help them)

BTW warmest welcome to the Guardani Brigade! The toughest group of holiest warriors in world!!!

With tremendous love and Prayers for your continued success

This is in a small way like the nisyaoon of Yosef HaTzadik.....Vaymoen with the shalsheles  
Noorah

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