

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 - 14 Dec 2009 11:56

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Kept up the great work SB. You must be doing something right cuz you got a response from  
;D :D

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Re: making the silent battle...not.

Posted by Noorah BAmram - 14 Dec 2009 12:54

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[imtrying25 wrote on 14 Dec 2009 11:56:](#)

Kept up the great work SB. You must be doing something right cuz you got a response from  
;D :D

Noorah, something I haven't got since the first day I've been here.  
By Cevald ??? Is this true ???

With all the love in the world to all the holy warriors here

Noorah the smallest from the house of Amram

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Re: making the silent battle...not.

Posted by silentbattle - 14 Dec 2009 14:20

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Thank you, Noorah...more and more, I'm starting to realize what an honor it is to be part of this brigade of holy warriors...and truth be told, we're ALL fighting a silent battle, in a way, but that doesn't make it any less vital.

B"H Hashem is still helping me be strong, I'm moving forward, going back and saying final goodbyes, even to people that I haven't spoken to in a while, so I know that it's over and done with. Deleting emails by the hundreds (sometimes, by the thousands), as I clear out this part of my life.

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Re: making the silent battle...not.

Posted by imtrying25 - 14 Dec 2009 16:39

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KEEP ON ~~DELETING~~ I MEAN KEEP ON ROCKING SB. YOUR HEADED FOR GREAT THINGS!!!

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Re: making the silent battle...not.

Posted by habib613 - 14 Dec 2009 16:44

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WOW!

GSBG!

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Re: making the silent battle...not.

Posted by silentbattle - 14 Dec 2009 18:12

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Even better - a pesach cleaning...where's the bleach, so I can make sure that it's not Ra'oi  
l'achilas kelev? :D

~~You're doing a spring cleaning of your life~~

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Re: making the silent battle...not.

Posted by silentbattle - 18 Dec 2009 08:47

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Borush Hashem, things are still going well - nothing really new to report, though I guess that's  
good news!

I find myself being more aware of my urge to look at women, or even smile at them or talk to  
them - not because I think anything's going to happen, but just out of a habit; and not a good  
one. I can see it, and I'm working on it, so I think that's a step in the right direction!

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Re: making the silent battle...not.

Posted by imtrying25 - 18 Dec 2009 10:02

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NO NEWS IS GOOD NEWS ROCKSTAR. And the first step in getting healed is recognizing the

sickness. So your one huge step ahead of this ncase. Keep on rollin. We all behind you cheerin you on.

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Re: making the silent battle...not.

Posted by silentbattle - 21 Dec 2009 02:58

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I'm still astonished by how much this community has done for me. I cam here for support, and aside from stopping the issue that I needed to, I've gained a totally new awareness of how important our yesod is, a real awareness, instead of the intellectual awareness that I'd heard for so many years.

And like so many others have pointed out, this board is one of the few places in this world where people are actually grappling with this issue. Kinda ironic, when you think about it! ;D

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Re: making the silent battle...not.

Posted by silentbattle - 22 Dec 2009 23:39

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I got on the bus today, and it was like a sudden epiphany of freedom - I realized that "hey, I *don't* have to look around and see which girls are pretty!"

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RE:making the silent battle

Posted by loi-misyaeish - 22 Dec 2009 23:43

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I hope it lasts. I wish i'd always thinks the same

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Re: making the silent battle...not.

Posted by silentbattle - 22 Dec 2009 23:53

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Ha - me, too :D

I think the interesting thing was that it actually came to me as a kind of, "huh...y'know, I really don't have to do this." Kinda like realizing that there was this chore that I has scheduled every day, that I suddenly realized was optional all along.

You mean I ***don't*** have to take out the garbage? Cool, I can deal with that...

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Re: making the silent battle...not.

Posted by imtrying25 - 23 Dec 2009 00:44

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Oy i love you SB. So much positivity and cheerfulness. Keep rocking. And im sorry you still gotta take out the garbage. And i mean NOW!!!!

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Re: making the silent battle...not.

Posted by silentbattle - 23 Dec 2009 01:43

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Do I ***have*** to? Oh, alright, fine grumble grumble You try taking out the garbage right now, with all the snow and ice...

And it's you that helps me stay positive!

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Re: making the silent battle...not.

Posted by silentbattle - 23 Dec 2009 23:38

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First of all, today's Shmiras Einayim Chizuk email was AWESome!

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