

making the silent battle...not.

Posted by silentbattle - 04 Dec 2009 04:12

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 silentbattle - 23 Dec 2009 23:45

I usually don't consider myself an extreme person, but a few years ago, as Elul came along, I decided that for one Elul, I could do something that (to me) seemed a bit extreme, the kind of thing that "those" guys do. You all know what I mean - thy guys that take things just too far, etc.

Anyway, I decided that whenever I left super-chareidi areas, I would take my glasses off. Just an extreme Elul thing.

To my surprise, it was liberating! I suddenly just didn't have to battle my eyes, didn't have to fight to avoid looking at things I didn't want to...everything became a blur of shapes, to the point where I could barely tell that a particular shape was a woman!

Unfortunately, while I did end up doing it past Elul, it didn't last as long as it should...but I'm starting to do it again, albeit not on a regular basis. And it just feels great!

I kinda feel like it's a perfect example of "let go and let God," because by taking off your glasses, there is a certain loss of control...

As a side note, the first time I did this recently, I got an almost instant wave and hug from Hashem (in a form that made it clear (to me) that I'd done the right thing) - in the form of an opportunity to do a mitzvah! A half-block after taking off my glasses and slipping them into my

pocket, I noticed a frum-woman shaped blob in my blurry vision, about to start dragging a baby carriage up the stairs to an elevated train station. I seized the opportunity for a mitzvah, and helped her with it, and got the bonus of not even having to know what she looked like!

Hashem, you ROCK!

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Re: making the silent battle...not.

Posted by silentbattle - 24 Dec 2009 00:00

Talking to my rebbe today, I mentioned how amazing it is to be part of pretty much the only group in klal yisroel that is fighting this incredible nisayon that the majority of people face. I told him how great it feels to be part of this group, and Eye's story is a perfect example - he had the opportunity to get by his filter, but was able to follow what he knew was right.

So much of klal yisroel is so far behind in this fight - they might not all be looking at po#n, but certainly when it comes to ebing mz"l.

I have to disagree with Rage's song quote, "the front lines are everywhere (ok, I could give a good pshat in that quote, too, but my point is...)." Truth is, the front line is HERE! We **are** the front line!

As always, I am awed and honored to be part of this group, with every one of you who has decided to follow what is right and sign on here - even just once.

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Re: making the silent battle...not.

Posted by imtrying25 - 24 Dec 2009 23:13

beautiful battlesilent. Keep on battleing.

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Re: making the silent battle...not.

Posted by silentbattle - 25 Dec 2009 13:06

Thanks, IT25 - good to know that *someone's* reading my thread ;D

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Re: making the silent battle...not.

Posted by imtrying25 - 25 Dec 2009 13:25

[silentbattle wrote on 25 Dec 2009 13:06:](#)

Thanks, IT25 - good to know that *someone's* reading my thread ;D

Good Shabbos and Hatzlacha.

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Re: making the silent battle...not.

Posted by habib613 - 25 Dec 2009 13:28

i read too...

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Re: making the silent battle...not.

Posted by silentbattle - 25 Dec 2009 14:26

Sometimes it just feels like...well...anyway, thanks.

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Re: making the silent battle...not.

Posted by habib613 - 25 Dec 2009 14:42

like your being ignored? :D

we can't ALL post in EVERY thread.

but this thread is for YOU, to record what your feeling/ doing.

and you can do that even if no one replies.

just as an aside, i kinda stopped reading all the newbie threads, just because of time constraints, but I am still reading yours.

KUTGW, silent! not only do you give people incredible ideas here on your thread, but you also encourage so many people!

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Re: making the silent battle...not.

Posted by silentbattle - 25 Dec 2009 14:48

I know that this is just my neediness rearing it's head...but I have to balance that realization with the equal realization that it's my neediness that gets me into trouble.

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Re: making the silent battle...not.

Posted by sci1977 - 25 Dec 2009 17:20

Keep on going. I read this thread everyday. Stay postive and good things will happen.

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Re: making the silent battle...not.

Posted by imtrying25 - 26 Dec 2009 16:36

[silentbattle wrote on 25 Dec 2009 14:26:](#)

Sometimes it just feels like...well...anyway, thanks.

Hey leu join the club. I get like a post every two weeks on my thread. Cmon man you a man,
:D ;D :D ;D

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Re: making the silent battle...not.

Posted by silentbattle - 27 Dec 2009 06:04

Ha - IT25, I could respond that considering the nisayon that we're all trying to deal with here,

Thanks, both of you

Thanks - IT25, Sci, Habib...The reason this means so much to me is that honestly, one of the main reasons (maybe THE main reason) I had all this trouble to start with, was my loneliness. Lots of friends, but B'H they're almost all married, mostly with several kids. My relationship with my parents is OK, but not very close, and for their own reasons, they're not really capable of providing emotional support.

So this community helps take the edge off that.

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Re: making the silent battle...not.

Posted by Momo - 27 Dec 2009 08:27

YOU ARE SOMEBODY SPECIAL!!!

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Re: making the silent battle...not.

Posted by imtrying25 - 27 Dec 2009 14:23

[silentbattle wrote on 27 Dec 2009 06:04:](#)

Ha - IT25, I could respond that considering the nisayon that we're all trying to deal with here,

Thanks - IT25, Sci, Habib...The reason this means so much to me is that honestly, one of the main reasons (maybe THE main reason) I had all this trouble to start with, was my loneliness. Lots of friends, but B'H they're almost all married, mostly with several kids. My relationship with my parents is OK, but not very close, and for their own reasons, they're not really capable of providing emotional support.

So this community helps take the edge off that.

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Re: making the silent

Posted by loi-misyaeish - 27 Dec 2009 14:26

...and mine too! Now you've got two best friends.

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