

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 Momo - 27 Dec 2009 14:29

Loneliness, restlessness, irritability, and discontent are the number one-two-three-four reasons to act out.

When you start to feel any of these, stop it in it's tracks by posting, or calling a friend, or doing).

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Re: making the silent battle...not.

Posted by silentbattle - 27 Dec 2009 14:34

To be honest, it's more of a long-term thing, for me...which makes it even harder. When I'm feeling lonely, I don't think I'm going to act out right then, certainly not in the area that is most important for me to work on. But I know that if it stretches on like that, it'll certainly become more of a nisayon. And I'd like to avoid that, if I can.

So even if it means sounding whiny and asking for a hug, I'm going to do that!

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Re: making the silent battle...not.

Posted by Momo - 27 Dec 2009 14:38

something fun for yourself (kosher fun

Go ahead and ask for that hug. If I'm online, I'll give it to you.

I think the key is to stop those bad emotions in their tracks, and not wait until they build up.

Think of a small snowball rolling down a snowy hill.....

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Re: making the silent battle...not.

Posted by silentbattle - 27 Dec 2009 14:49

Exactly!

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Re: making the silent battle...not.

Posted by the.guard - 27 Dec 2009 16:06

Momo, I completely don't recognize you lately... You're so different than you used to be! That ;D

(or maybe it's just the mane)

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Re: making the silent battle...not.

Posted by sci1977 - 27 Dec 2009 21:51

Momo is right on. Just keep thinking positive thoughts and how you want to live. KUTGW!!!

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Re: making the silent battle...not.

Posted by silentbattle - 27 Dec 2009 22:57

Just picked up a short shovevim sefer, recommended by my rebbe...If I can get over my laziness and learn it, I'll see if there's anything that would be helpful for everyone...

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Re: making the silent battle...not.

Posted by Momo - 28 Dec 2009 06:12

[guardureyes wrote on 27 Dec 2009 16:06:](#)

Momo, I completely don't recognize you lately... You're so different than you used to be! That ;D

(or maybe it's just the mane)

Thanks. I feel the personality change too. Actually, it's not a change, it's more of unleashing my personality that's been in hiding for almost 20 years, like breaking through a shell.

Like a butterfly coming out of his cocoon.

Momo "unleashed"!

:D :D :D

Reb Shlachter must be doing some good things

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Re: making the silent battle...not.

Posted by silentbattle - 28 Dec 2009 13:20

Well, Momo, I'm just glad I get to see all the colors as you burst from your cocoon! I haven't been here that long, so I don't really know the "old" Momo that well...So all I can say is, you're awesome!

As far as me...I said good-bye to two people last night that needed saying goodbye to. Particularly in one case, it was tough, painful - even though we hadn't spoken in months, and hadn't really been in touch for almost a year. But it's good, because now I have a true feeling of it being over, and moving on.

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Re: making the silent battle...not.

Posted by 7yipol - 28 Dec 2009 13:52

Glad to hear you are able to retain perspective on the goodbyes.

"no pain no gain" really applies at moments like these.

Forward march soldier!

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Re: making the silent battle...not.

Posted by silentbattle - 29 Dec 2009 00:34

had a good day today - a bit of temptation, when some thoughts came into my mind, but I kept gently focusing on other things, and moved on!

IN other news, I had to tell my boss some worrying (for me) news that I've been holding onto for a while, worried about how he'd react...and he totally understood!

Whew!

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Re: making the silent battle...not.

Posted by sci1977 - 29 Dec 2009 01:50

Great news you had a good day!! Mazel tov on moving on with saying good bye to two people.

KUTGW!!!!!!!!!!!!!!

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Re: making the silent battle...not.

Posted by theOne - 29 Dec 2009 01:53

may i ask, what does KUTGW mean ???

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Re: making the silent battle...not.

Posted by sci1977 - 29 Dec 2009 02:05

keep up the good work

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Re: making the silent battle...not.

Posted by silentbattle - 29 Dec 2009 10:53

Wow...I almost laughing...just woke up from...ah...a nocturnal emission (the first in a LONG time). Although I know that it isn't a good thing, I don't think I've EVER been this happy to

realize that it's just a dream...

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