

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 - 29 Dec 2009 10:55

Was learning with a friend last night, and he commented something about how he tries to say the right thing sometimes, but he realizes that he's not that smart (a modest statement on his part - he really is), he's just a tool for hashem.

I started laughing because only for us, frum jews, would calling yourself, or someone else, a "tool," be considered a good thing!

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Re: making the silent battle...not.

Posted by silentbattle - 29 Dec 2009 11:14

Thanks, Sci, both for the encouragement, and translation - and by the way, Neo (sorry, TheOne), I'm still confused sometimes by the acronyms!

Yeah - those were pretty much the last goodbyes...feels awesome! It's like I was walking around with a huge, heavy knapsack, and over the last couple of months, I've been taking items out and feelign my load getting lighter!

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Re: making the silent battle...not.

Posted by imtrying25 - 29 Dec 2009 12:42

WOW SB i see your really making headway.ust be that fighter jet of yours. Your really moving fast in this fight. Keep it up. Reading your thread and seeing all the bold steps you take really gives me much chizuk. thanks bro.

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Re: making the silent battle...not.

Posted by silentbattle - 29 Dec 2009 14:35

Thanks, IT25 - I'm just following in your footsteps...to use military parlance, you're the point man, I'm just following your very well-laid tracks!

Heck, I'm already on the GYE medevac chopper...I'm just lying there, and being carried along!!
:D :D

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Re: making the silent battle...not.

Posted by imtrying25 - 29 Dec 2009 22:49

[silentbattle wrote on 29 Dec 2009 14:35:](#)

Thanks, IT25 - I'm just following in your footsteps...to use military parlance, you're the point man, I'm just following your very well-laid tracks!

Heck, I'm already on the GYE medevac chopper...I'm just lying there, and being carried along!!
:D :D

i dont know if you realize.....im just the photographer!! :D :D

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Re: making the silent battle...not.

Posted by silentbattle - 29 Dec 2009 22:55

:D :D :D :D :D :D

Then again, that sounds like a jewish joke...y'know, one israeli soldier takes out a whole platoon of arab legion soldiers, and when they everyone's impressed with his abilities, and wants to know what unit he's part of, he says, "I'm just the cook!"

OK, I know that wasn't particularly funny, but to be fair, most of those old jewish jokes aren't funny, either.

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Re: making the silent battle...not.

Posted by sci1977 - 30 Dec 2009 01:35

You are truly a warrior. I hope you feel better with what you did. Just keep on going and like I say in my thread, You will win the battles and the war- with G-d's help.

Thank you for inspiring me and letting me ride along on your journey.

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Re: making the silent battle...not.

Posted by Kedusha - 30 Dec 2009 01:38

[silentbattle wrote on 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...

It's not anything to be concerned about.

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Re: making the silent battle...not.

Posted by silentbattle - 30 Dec 2009 04:23

Sci - Amen! I do feel much better. And as for the inspiration and the ride - ditto, times 1,000!

Kedusha - thank you. The truth is, though, that I'm not concerned - I was just so relieved that my dream wasn't real - and that IS something worth being happy about!

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Re: making the silent battle...not.

Posted by imtrying25 - 30 Dec 2009 11:40

[silentbattle wrote on 30 Dec 2009 04:23:](#)

Sci - Amen! I do feel much better. And as for the inspiration and the ride - ditto, times 1,000!

Kedusha - thank you. The truth is, though, that I'm not concerned - I was just so relieved that my dream wasn't real - and that IS something worth being happy about!

keep the battle

silent dude!!!

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Re: making the silent battle...not.

Posted by sci1977 - 30 Dec 2009 15:21

.....and if your happy about it then your really WORTH something!!

Keep up the good work and being an inspiration to everyone!!!

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Re: making the silent battle...not.

Posted by silentbattle - 31 Dec 2009 08:06

When I'm walking somewhere, I base my route on the length of blocks, the lights, etc. But yesterday, I added a new criterion - I chose a route that would be less crowded, and thus have less women.

True, it's winter time, so the nisayon isn't as bad, but I figured that it certainly can't be a bad step!

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Re: making the silent battle...not.

Posted by sci1977 - 31 Dec 2009 12:10

That is a smart idea. The less chance to see the better off you are. Great idea. I think I might have to use that one. THANKS!!!!

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Re: making the silent battle...not.

Posted by silentbattle - 31 Dec 2009 18:02

Sci - it's also a halacha. Sometimes those guys have good ideas :D ;D :D ;D

And a quote for today - "It's easier to feel sorry than it is to actually change."

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Re: making the silent battle...not.

Posted by imtrying25 - 01 Jan 2010 00:24

i seem to have a problem even in winter. I once posted on my thread wondering if the yh believes in winter. Im walking around in a coat freezing and the yh is walking around half naked

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