

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 Rising Up - 29 Mar 2011 19:01

[tzaddik90 wrote on 27 Mar 2011 18:13:](#)

russian roulette,

it solves everything.....

Only one out of six times though....

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Re: making the silent battle...not.

Posted by sci1977 - 01 Apr 2011 14:08

I see your still around. I have been on in a long time. KUTGW!! Hope all is well.

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Re: making the silent battle...not.

Posted by silentbattle - 12 Apr 2011 17:22

Thank you, Sci!

I had an epiphany a few days ago that I wanted to share. My wife wanted to pass me something, but she was tamei, so she asked her younger sister to pass it to me. Sister wanted to know why we couldn't pass it directly, and we just said, "oh, it's not comfortable."

So afterward, i was trying to think of a good naswer that I could use in the future, in any situation. And i realized that every situation is going to be different, and so I'll need to think things up on the spot.

And then I realized, hey - that's life. We'd love to take care of everything so that we never have to deal with difficult situations or nisyonos ever again. But life is about constantly facing challenging situations, and dealing with them as best we can.

That's not to say that we shouldn't try to prepare - anyone who knows me here knows that I feel that preparation before the battle is a huge part of success. But no matter what, different situations will be different, and there's no way to remove temptation entirely. And that's good, because life, all of life, is about living life and growing.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 12 Apr 2011 17:36

hi SB,

and thanks for that thought, very true and clear

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Re: making the silent battle...not.

Posted by pinokio - 13 Apr 2011 08:05

hows the little ninja's?

the kunoichi?

how is old man hatsuumi

the waterfall?

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Re: making the silent battle...not.

Posted by silentbattle - 14 Apr 2011 17:22

Life is good, B"H. How am I dealing with it?

Could be better. I find myself doubting myself, my abilities. Need to move forward, but afraid to.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 15 Apr 2011 06:20

[silentbattle wrote on 14 Apr 2011 17:22:](#)

Life is good, B"H. How am I dealing with it?

Could be better. I find myself doubting myself, my abilities. Need to move forward, but afraid to.

Good luck.

--Eye.

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Re: making the silent battle...not.

Posted by ToAdd - 15 Apr 2011 08:18

Hey SB

Be the Ninja. Analyse your fears and notice they are not rational.

There is no failure. So what's the worst that happens if you try something and it doesn't work out as planned? The worst that can happen is that you DONT learn from it.

Sometimes we're afraid to move forward because we can't see what's ahead of us - That's not the Ninja way.

There is only success ahead of you. Picture it.

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Re: making the silent battle...not.

Posted by silentbattle - 21 Apr 2011 06:00

Thank you, Eye. And Toadd - VERY true!

Thank you!

I'm realizing more and more how much I try to escape from my fears, even without acting out.
It's mind-boggling.

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Re: making the silent battle...not.
Posted by Sturggle - 21 Apr 2011 16:48

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moadim Isimcha!

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Re: making the silent battle...not.
Posted by silentbattle - 22 Apr 2011 05:38

Thank you, brother!

I also feel very strongly that pesach is a time for appreciation and gratitude toward hashem for whatever freedom we have in life.

I look back and realize how fortunate I am to have received my freedom directly from hashem's hands.

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Re: making the silent battle...not.
Posted by silentbattle - 28 Apr 2011 16:59

Just dropping in.

Been realizing even more how terrible my actions were. The further away I get from my disease, the more I can glimpse the true magnitude of my mistakes.

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Re: making the silent battle...not.

Posted by kosher - 28 Apr 2011 18:08

[silentbattle wrote on 28 Apr 2011 16:59:](#)

Just dropping in.

Been realizing even more how terrible my actions were. The further away I get from my disease, the more I can glimpse the true magnitude of my mistakes.

The gemora in Nedarim 49b says that R"Y had 24 "*Batai Kisous*" between his house and the Beis Hamederash. Reb Shmuel Kaminetsky Shlit"a quoted mefarshim as explaining that *Beis Hakisai* is a remez to tikkun hamidos. He explained that the similarity that as long as the "bad stuff" is inside a person, he sees no imperfection in himself... only when it comes outside does a person see how disgusting what was inside of him was...

(I also heard a similar approach on Pesach as to why the Yetzer Hora is Seor shebissa, by itself it is inedible and disgusting, but it can mix in and make things look appealing.)

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Re: making the silent battle...not.

Posted by silentbattle - 01 May 2011 21:48

Absolutely. We have an opportunity, as we get some distance, to see things we weren't able to before, because we don't like to see imperfections in ourselves.

And even then, it isn't always easy.

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