

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.

=====
=====

Re: making the silent battle...not.
Posted by 7yipol - 04 May 2011 07:56

Hatzlocho raba with whatever it is you must decide SB.

Daven for siyata dishmaya.

=====
=====

Re: making the silent battle...not.
Posted by ZemirosShabbos - 04 May 2011 13:59

to echo Mom, wishing you the clarity and strength to do the very best.

=====
=====

Re: making the silent battle...not.
Posted by Yosef Hatzadik - 04 May 2011 16:02

"to echo Mom, wishing you the clarity and strength to do the very best."

...and this is an echo of **ZemirosShabbos**. ;D

=====
=====

Re: making the silent battle...not.
Posted by heuni memass - 04 May 2011 18:24

Lieutenant in Guardani brigade should be able to handle some pressure.

Remember - you are never making the decision alone. Just talk to him.

--HM

=====
=====

Re: making the silent battle...not.
Posted by Dov - 04 May 2011 21:31

Welcome to real life. It's not easy sometimes.

You are not alone, use your wife for the right things (like for shameless admission of your doubts), and use your friends too (like for shameless admission of your crazy feelings and goofy destructive thoughts), especially your Best and only Eternal Friend (like for everything).

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 05 May 2011 18:25

Thank you very much for your support, everyone!

I need to work on davening more, and better. It's true. I need to learn to rely on Him.

=====
=====

Re: making the silent battle...not.
Posted by an honest mouse - 06 May 2011 13:00

Hatslocho SB, maybe out indecisiveness comes from a fear of making the wrong decision. IE perfectionism. We forget that Hashem is really the One running the show and we get too involved with our own part in the play...

Just talking from my perspective...

Have a great shabbos!

=====
=====

Re: making the silent battle...not.
Posted by Sturggle - 08 May 2011 06:23

Hey SB. Checking in. Sounds like some stuff is going on, and that you're working through it. Bhatzlacha.

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 08 May 2011 18:05

Thanks, Sturggle. It isn't easy, but knowing you're there helps a bit!

Reb Honest - absolutely. My indecision certainly does come from my fear of making a wrong decision, but not because I'm looking for perfection. Just some basic happiness, and I'm not sure if the choices I make will lead me toward that, or away from it.

Is this the right choice, the best choice that i can make right now?

=====
=====

Re: making the silent battle...not.
Posted by Yosef Hatzadik - 11 May 2011 18:55

It is good that you are never too busy to say hello!

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 15 May 2011 07:21

Throwing a "Hello" right back at you!!!!
Thank you Hashem for keeping me clean. Thank you for helping me see how good my life is.
Thank you for helping me see how lucky I am to have the wife i have, who helps me grow.

=====
=====

Re: making the silent battle...not.
Posted by Sturggle - 15 May 2011 13:52

Amen, Amen, Amen!

=====
=====

Re: making the silent battle...not.
Posted by an honest mouse - 17 May 2011 14:44

beautiful sb! and its great to see you post when you're in a good zone, I know I find it tough to post when things are going well. I think that's because when things are going well, I tend to forget there ever was a problem...

maybe that's what Dovid Hamelech means when he says he keeps "chotosi negdi somid". We must remember we are people with a netiyoh to lust always, even when things seem to be going well.

Sorry, that my post kinda grew...

Much love from a mouse!

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 17 May 2011 18:34

Thanks, HM!

Things are pretty tough and stressful right now, and I'm reminding myself of the good things, and thanking Hashem for them - because even when things are difficult, I've still got a lot of good things in my life!

=====
=====