

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 - 18 May 2011 03:27

Thank you. And I was thinking that I should add something - as long as I remember to focus on the good things, and the fact that there really IS so much good in my life, I'm a step ahead.

Hashem put me in the situation to do the job i gotta do. I gotta let him help me, too. I stick to the plan, I'm in good shape.

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Re: making the silent battle...not.

Posted by an honest mouse - 18 May 2011 15:16

thats even better sb! well done! every so often i think that Hashem gives us difficult situations to remind us that we rely on Him. That's why He brought the situation on us, to remind us. As soon as we remember and internalise it and do something practical to increase our awareness of our dependancy on Him, there is no reason left for the test.

My prayer is, that your avoidah now should be enough to put an end to the tough situation.

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Re: making the silent battle...not.

Posted by silentbattle - 18 May 2011 16:10

Amen! Thank you.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 20 May 2011 06:34

[silentbattle wrote on 18 May 2011 03:27:](#)

Hashem put me in the situation to do the job i gotta do. I gotta let him help me, too. I stick to the plan, I'm in good shape.

That sounds good.

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 26 May 2011 17:31

Had a realization today. Not a fun one, but important nonetheless. I was walking down the street and noticed a woman, and suddenly, Lust-y thoughts started taking over. And I realized that my insanity is always two steps away. Always.

And that means that I need to make sure that I have people I can call and reach out to, one step away.

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Re: making the silent battle...not.

Posted by heuni memass - 26 May 2011 17:39

Reaching out and calling can be fun.

Do it with a bren..

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Re: making the silent battle...not.

Posted by Eye.nonymous - 26 May 2011 20:05

[silentbattle wrote on 26 May 2011 17:31:](#)

Had a realization today. Not a fun one, but important nonetheless. I was walking down the street and noticed a woman, and suddenly, Lust-y thoughts started taking over. And I realized that my insanity is always two steps away. Always.

And that means that I need to make sure that I have people I can call and reach out to, one step away.

And recovery is just 12 steps away.

(Not to say that everyone needs the 12 steps, but I couldn't resist).

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 27 May 2011 21:51

Maskim - good line! ;D

HM - very true. Here, it's not just about reaching out, but also having that available all the time.

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Re: making the silent battle...not.

Posted by silentbattle - 07 Jun 2011 16:19

Need to remember that even when things seem pretty crummy, Lusting will only, Only, ONLY make things worse. Even Lusty thoughts. Anything other than living in the now, and doing the best I can, will only make things more difficult.

Sigh.

It's probably a sign that I'm getting needy, right, when I reply a bunch of times to a newbie without any response at all, and I feel annoyed?

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Re: making the silent battle...not.

Posted by an honest mouse - 10 Jun 2011 12:45

[silentbattle wrote on 07 Jun 2011 16:19:](#)

Need to remember that even when things seem pretty crummy, Lusting will only, Only, ONLY make things worse. Even Lusty thoughts. Anything other than living in the now, and doing the best I can, will only make things more difficult.

That is exactly what I needed to hear right now. How did u know to write that 3 days ago?
Thanks! hope you had a gr8 yom tov!

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Re: making the silent battle...not.
Posted by silentbattle - 10 Jun 2011 15:21

I guess I'm not the only crazy person here, trying to get better?

Always nice to hear from you, brother!

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Re: making the silent battle...not.
Posted by Eye.nonymous - 12 Jun 2011 05:30

[silentbattle wrote on 10 Jun 2011 15:21:](#)

I guess I'm not the only crazy person here, trying to get better?

That's the beauty of this place. So many crazy people.

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 12 Jun 2011 18:04

I'm finding myself in a bad place right now, fear and indecision have pretty much taken over my life.

I'm working to make sure that in the area of Lust, at least, I stay focused.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 13 Jun 2011 13:09

[silentbattle wrote on 12 Jun 2011 18:04:](#)

I'm working to make sure that in the area of Lust, at least, I stay focused.

I hope this doesn't mean you are staying focused on lust!

--Eye.

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