

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

Posted by loi-misyaeish - 01 Jan 2010 00:31

Oh, you know, i was discussing that with someone recently. In the winter you sometimes feel the lack of 'heat'. So you try to fill it in by another type of heat. In the winter there's not so much sunshine. It's cold, it's depressing. Missing the summer colours. It's dark much longer. The nights are very long. Etc.

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Re: making the silent battle...not.

Posted by silentbattle - 01 Jan 2010 01:18

Good point LM. I think IT was referring to something else, though, in the way that women can sometimes dress as triggers despite the fact that they've gotta be freezing!

And yeah, IT - I think Aish should use that as proof for God's existence!

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Re: making the silent battle...not.

Posted by sci1977 - 01 Jan 2010 03:44

I found something out today if you TRY NOT to look around, it really helps. Get lost in your thoughts while walking and it really helped.

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Re: making the silent battle...not.
Posted by silentbattle - 01 Jan 2010 04:27

Absolutely - R' Kelemen discusses that in one of his shiurim.

The ideal is if you have some torah to think over on your head while you walk...

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Re: making the silent battle...not.
Posted by imtrying25 - 01 Jan 2010 07:58

Honestly i think this is th eonly sensible thread on the whole forum!!!!

SB

SCI

:D :D :D

:D :D

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Re: making the silent battle...not.
Posted by silentbattle - 01 Jan 2010 13:03

OK, sci, our plan is nearly complete. He'll come to us at his weakest moment, and by offering him our help, he'll be under our control forever! BWAHAHAHAHAHA

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Re: making the silent battle...not.
Posted by imtrying25 - 01 Jan 2010 13:08

[silentbattle wrote on 01 Jan 2010 13:03:](#)

OK, sci, our plan is nearly complete. He'll come to us at his weakest moment, and by offering him our help, he'll be under our control forever! BWAHAHAHAHAHA

If you think you can catch me while im with my walker and your with your fighter jet.....well.....your in for a big suprise.

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Re: making the silent battle...not.
Posted by silentbattle - 01 Jan 2010 13:18

Uh-oh...what hidden surprises does your walker contain? Rockets? Lasers? :D :D :D

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Re: making the silent battle...not.
Posted by sci1977 - 01 Jan 2010 13:26

The best thing is we are here for each other. But I have to say a walker and a fighterjet is great thoughts, to keep other thoughts away!!!!

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Re: making the silent battle...not.
Posted by silentbattle - 01 Jan 2010 13:59

Indeed - IT, is your walker really a fighter jet in disguise, just to fool the yetzer hora?

Have a great shabbos!

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Re: making the silent battle...not.

Posted by silentbattle - 01 Jan 2010 14:56

Just wanted to say that I don't really focus that much on my 90 day count. But it's a great way to keep track of how far I've come.

But I just hit 40 days, and that just seems like a nice big even number, which makes me smile - so I'm going to take this opportunity to thank all of you for helping me do this - being clean, completely clean, which is something I never imagined I could do!

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Re: making the silent battle...not.

Posted by habib613 - 01 Jan 2010 15:11

40!

woohoo!

40's a good number.

it's the number of days and nights it rained for during the mabul...

number of days moshe was on har sinai each time...

number of years klal yisroel were in the midbar...

and each of those occurrence led to a major change...

may these past 40 days be the key to a major change for you

the key to freedom!

GSBG!

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Re: making the silent battle...not.

Posted by silentbattle - 01 Jan 2010 15:13

Amen!

I'm going, I'm gong - slow and steady, especially since IT25 took the engine from my jet fighter and hooked it up to his walker...so now I'm in my jet, moving at walker speeds :D :D

Slow and steady...

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Re: making the silent battle...not.

Posted by habib613 - 01 Jan 2010 15:15

lol

literally laughed out loud

it's ok though, cuz R' dov says baby steps are better. i'm sure geriatric steps are even better!

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