

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 - 02 Oct 2011 14:10

But what about when his will is painful?

What about those times when I feel like I just can't deal with things as they are, I have trouble accepting the things I cannot change?

How do I work on that?

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Re: making the silent battle...not.

Posted by kidushashem - 02 Oct 2011 22:03

[silentbattle wrote on 02 Oct 2011 14:10:](#)

But what about when his will is painful?

What about those times when I feel like I just can't deal with things as they are, I have trouble accepting the things I cannot change?

How do I work on that?

Look in the mirror, smile and say "I accept that reality is xyz. I accept that I can't change it". Your aversion from the reality which you cannot accept, causes you pain. Living in denial of reality is a cause for constant pain. You will not be able to avoid this pain unless you accept whatever reality is. Stop causing yourself pain by not accepting that which you cannot change. That is foolish. Live life according to reality and based on reality. Don't live life according to your mind's rosy coloring of what reality should be like.

Again, in simpler terms: having a hard time accepting reality means there is a conflict between your mental projections of what life *should* be, and *actual* life. You have to disassociate from your mental projections, which are false, and embrace life.

What will help you is being more aware of this dangerous activity your mind is so constantly involved in and notice when your mind alters reality *in any way* throughout your day. Don't get upset when you notice it. Just watch your mind in it's activities. The more you watch these self destructive activities, the more aware you will be and the less your mind will practice them.

And do the mirror exercise as well.

They say that your mind can be your best friend or your worst enemy.

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Re: making the silent battle...not.
Posted by Dov - 04 Oct 2011 01:14

[silentbattle wrote on 02 Oct 2011 14:10:](#)

But what about when his will is painful?

What about those times when I feel like I just can't deal with things as they are, I have trouble accepting the things I cannot change?

How do I work on that?

You are not alone. I, for one, have a very difficult time accepting things I do not like. In other words, it is the 3rd step that I am lacking in. You put it so clearly in your post.

Incidentally, so many people (mistakenly) exclusively focus on our obligations - on **doing** His Will - when they read the 3rd step. As you point out here, our main job in having a decent relationship with Him is accepting what he does for/to/with us right now, in the *non*-directly-mitzvah stuff of daily life. What they call "divrei r'shus", like my wife or kids' bad mood; the red light; the idiot who cuts me off on the highway; my broken leg; all the things which pain us - and the joys we do not understand, too. Accepting our limitations in so many areas, too.

Back to your point. When the midrash says that "Adam harishon could see from one end of the world to the other," it means that he could understand the tachlis, the good, of every little thing that happens - the sof mayseh, the machshovah t'chilah, and everything in between. We are not gifted that way any more, because he ate from the tree of Da'as - understanding and awareness. He felt he needed more than he already had, for some reason. Nu. And here we all are. Not understanding, and lacking awareness.

You are not alone.

As an addict, this issue that you touch on is the main thing that drives us to turn to our drug of choice. Now that we have come to this point, would you read chapter 5 of AA? And the chapters in the book "12 Steps & 12 Traditions" on steps 3, 4, 5, 6, and 7? The experience and simplicity in them is simple, basic, and for anyone. And the best thing about them of all is that it is all stated the way even addicts can understand, cuz addicts discovered it all in their own recovery. None of it is some 'party line' or dogma from above.

Hatzlocha!

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Re: making the silent battle...not.

Posted by silentbattle - 13 Nov 2011 07:51

I need to read and re-read your post, Dov. And I need to make time to read those chapters of AA.

I should be posting here much more often, especially with the roller coaster my life has been on. I'm doing much better now than i was a couple of months ago (thank you, God), and I've stayed clean throughout (which is always a blessing), but there are still times when my mind goes a bit loopy and remembers the enjoyable side of the damaging life I once led.

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Re: making the silent battle...not.

Posted by Dov - 14 Nov 2011 10:22

I guarantee 100% that taking direction (not just reading) those chapters of AA does take the loops out of the roller coaster. If you are like me, the nausea of the roller coaster is simply too much to bear. In fact, it's a "Great Bear".

That was a 'dov' joke.

...oh, boy. :o

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Re: making the silent battle...not.

Posted by silentbattle - 15 Nov 2011 05:50

Thank you - I was reading your post while drinking milk, and now there's huge mess.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 15 Nov 2011 05:55

tsk, tsk, bears are fleishig

hi SB, hope you are well

g'nite

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Re: making the silent battle...not.

Posted by ur-a-jew - 15 Nov 2011 16:50

[ZemirosShabbos wrote on 15 Nov 2011 05:55:](#)

tsk, tsk, bears are fleishig

hi SB, hope you are well

g'nite

Reminds me of a story I once heard. A woman was told that for medical reasons she would have to eat chaizer. The woman agreed but only on condition that the pig would be shechted. She can't eat an animal that was not shechted. Fine, it was pikuach nefesh, she wasn't going to eat it otherwise so they shechted the pig. After they shechted it they checked the lungs and there was a shaila on the lungs. They went to the Rov, the Rov examines the lungs, and he

says, nu, the lungs are not a shailah, but how can I say that a pig is "kosher."

SB, Hope all is well. Continued hatzlacha.

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Re: making the silent battle...not.

Posted by silentbattle - 17 Nov 2011 05:59

Some days are better, some are worse. I often feel totally worn out in every way, physically, mentally and emotionally.

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Re: making the silent battle...not.

Posted by an honest mouse - 17 Nov 2011 11:48

do you have a healthy, kosher outlet? or someone who knows you well that you can share your issues well and can confide in regularly?

Do you do exercise?

Just a few ha'oras in the hope of making the battle less of a battle and the silent less of a silent....

Much love and admiration as always,

ahm

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Re: making the silent battle...not.
Posted by silentbattle - 18 Nov 2011 04:38

If I had time to exercise, that would be nice. Or energy. That would be nice, too... ;D

I have a few people I can talk to. Right now, things aren't as bad as they were.

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Re: making the silent battle...not.
Posted by an honest mouse - 18 Nov 2011 11:46

bH! do u get enough sleep and take some time every day to relax and do something you enjoy,
I have found that to be an absolute necessity for me.

Have a great shabbos!

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Re: making the silent battle...not.
Posted by gibbor120 - 18 Nov 2011 14:43

[silentbattle wrote on 18 Nov 2011 04:38:](#)

If I had time to exercise, that would be nice. Or energy. That would be nice, too... ;D

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Re: making the silent battle...not.

Posted by silentbattle - 20 Nov 2011 06:22

[an honest mouse wrote on 18 Nov 2011 11:46:](#)

bH! do u get enough sleep and take some time every day to relax and do something you enjoy,
I have found that to be an absolute necessity for me.

Yup, that'd be nice, too.

[gibbor120 wrote on 18 Nov 2011 14:43:](#)

Generally true, but not in every situation.

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