

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 an honest mouse - 24 Nov 2011 13:00

That sounds like a great response to me! Why do find yourself daydreaming a lot though, is there spare time you could fill with a shiur or something like that?

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Re: making the silent battle...not.

Posted by silentbattle - 27 Nov 2011 07:18

No spare time - far from it. More like being overloaded.

As an aside, if you could check out the balei battim's thread, i posted something over there, and could use some input.

Thanks.

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Re: making the silent battle...not.

Posted by silentbattle - 27 Nov 2011 08:51

Friend of mine mentioned this quote to me, and I like it. Maybe somebody else here will get something out of it, too (even though it's from "Rocky")

...But somewhere along the line, you changed. You stopped being you. You let people stick a finger in your face and tell you you're no good. And when things got hard, you started looking for something to blame, like a big shadow. Let me tell you something you already know. The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get it and keep moving forward. How much you can take and keep moving forward. That's how winning is done! Now if you know what you're worth then go out and get what you're worth. But ya gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! Cowards do that and that ain't you! You're better than that! I'm always gonna love you no matter what. No matter what happens. You're my son and you're my blood. You're the best thing in my life. But until you start believing in yourself, ya ain't gonna have a life. Don't forget to visit your mother.

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Re: making the silent battle...not.

Posted by silentbattle - 16 Dec 2011 20:47

Thank you everyone - I need to write a longer reply, but that'll have to wait for another time.

Dov - just wanted to mention that I know that for the steps to work, you have to do more than read them; but I think i need to start by reading them, and that takes time that I currently simply do not have. I don't even read a book in the bathroom anymore, I take a textbook in and study!

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Re: making the silent battle...not.

Posted by Dov - 18 Dec 2011 20:03

Well just read the actual steps themselves and work from there. Each is one stinking line, that's all. Not too bad. Make it a bookmark and work it between tests....

If you identify that things are not going well, that you are in a rut, and that your relationships are a part of the issue, then...

it seems simple that what you need most is to make your relationships more real, more healthy, more open, and more honest. Like you write, you need to connect, cuz you are suffereing from misconnection and disconnection.

Then why just "post more" on a **virtual** forum? Why "show up" more here - only virtually? That is not showing up, and that is not really connecting.

Sure, for those who never did it before and live in the shadows, being open and honest in a virtual relationship is electric - powerful - real. And it helps them.

But you? If it is not working, then why chalk it up to "*not posting enough*"? Why not get a bit suspicious of the entire venue? It's weak, face it.

I am not saying you should go to meetings, nor that you should do *anything*. But I am suggesting that you find real people to talk to on the phone on a regular basis, real people to meet with on a regular basis, and real people to tell the truth to face to face. There are surely one or two guys here on GYE with whom you can *meet* once this week and then maybe once every week thereafter if it goes well, no? Doesn't everybody want to get better? Or does everyone really just want to find their 'recovery comfort zone' and then remain in that same pidgeon-hole at all costs?

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Re: making the silent battle...not.

Posted by silentbattle - 01 Jan 2012 22:46

The problem is that I need to connect right now. And right now, the simple fact is that, like I've said, I barely have time in my schedule to meet myself, let alone other people. Seriously, I wouldn't even have the time to go meet anyone, let alone actually spend any time with them.

And the fact is that if I was posting here somewhat regularly, then I'd say yeah, this isn't working. The problem is that I pretty much stopped. And I agree that the more real, the better. But also that I'll take what i can get.

As for on the phone...Not sure what the story is with the people i used to be in touch with.

Anybody want to be in touch via phone? Or, if you live in the NY area, maybe meet sometime in the quasi-near future?

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Re: making the silent battle...not.
Posted by gibbor120 - 02 Jan 2012 16:45

You don't have time for a 5 minute (or even 1 minute) phone conversation a few times a week?! I started calling a few people on my way home from work on Friday just to say good shabbos. It can be a 10 minute call or a 30 second call, but it keeps up those important relationships. Relationships are the most important ingredient to recovery IMHO.

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Re: making the silent battle...not.
Posted by silentbattle - 04 Jan 2012 06:10

You're right. I just feel so drained, but you're absolutely correct, i need to connect. Want to be in touch by phone? You can PM me your number.

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Re: making the silent battle...not.
Posted by silentbattle - 06 Jan 2012 04:37

I think the biggest problem is that the stress and worry makes me panic. That makes me want to reach out for comfort, especially if I convince myself that I'm not getting enough comfort at

home.

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Re: making the silent battle...not.

Posted by 7yipol - 06 Jan 2012 09:02

Just popped in on the spur of the moment, for a quick 'hello' and 'Im with you'.

SB, the guys are right; pick up the phone and talk to real people. I think that just releasing the days pressure *before* going home, can help a lot.

And when you can fit in real visits with friends, DO IT!

Wishes for a triple R shabbos:

Ruchnius

Relaxing

Rejuvenating

mom 7up

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Re: making the silent battle...not.

Posted by silentbattle - 08 Jan 2012 20:13

Thank you. You're right.

I barely have time to talk on the phone during my commute at this point! I'm going to try, though.

In the meantime, I just need to remember that it's only panic that's doing this to me, and it doesn't have to control my life. And I need to try to at least not make too many mistakes.

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Re: making the silent battle...not.
Posted by Dov - 11 Jan 2012 00:41

Chabibi. Are you cured? I'm not. If I were, then I'd be shocked that I still need the steps, help, and G-d - just to have a manageable life. My life is still unmanageable by me! Is yours?

From what you are writing here, it sounds like we are in the same boat...taking on a bit of water....

For me to deal with life, I apparently must live by the 12th step - "*and to practice these principles in all our affairs.*"

Hatzlocha, Sifu!!

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