

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 - 08 Mar 2012 13:57

It has been way too long. I've been slipping. Had a minor fall, but I've been slipping down a much more dangerous slope, and I need to get back on track. Remember that even when i feel completely drained, looking for happiness in the wrong places is NOT going to help.

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Re: making the silent battle...not.

Posted by alexeliezer - 08 Mar 2012 15:00

SB,

I haven't read your whole story, but it seems to me the road back is to reinforce the basics.

Daven. Very strict shmiras eynayim. Guard your mind against inappropriate thoughts -- admit that you are powerless and turn your lust over to Hashem. Proper use of relations with your wife.

Start fresh right now. Hashem wants you to succeed again.

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Re: making the silent battle...not.

Posted by ontheedgeman - 08 Mar 2012 16:30

A fall with someone posting over 3500 posts??? Miraculous. it's proof that H" has given us bechira. amazing.

now go use it responsibly.

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Re: making the silent battle...not.
Posted by mifatfait - 08 Mar 2012 17:58

I'm new here, it seems your'e a vet. But wer'e both still struggling. All I can tell you man, it's Purim now, THe day we celebrate that Hashem - and only him - can save us from everything.

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Re: making the silent battle...not.
Posted by silentbattle - 09 Mar 2012 03:04

[ontheedgeman wrote on 08 Mar 2012 16:30:](#)

A fall with someone posting over 3500 posts??? Miraculous. it's proof that H" has given us bechira. amazing.

now go use it responsibly.

I'm going to assume that didn't come out quite the way you planned.

For starters, number of posts means nothing. Even if it did, the length of time someone has been clean doesn't mean there's no issue, no problem. There's always a danger.

[Mefatfait Beyitzro wrote on 08 Mar 2012 17:58:](#)

I'm new here, it seems your'e a vet. But wer'e both still struggling. All I can tell you man, it's Purim now, THe day we celebrate that Hashem - and only him - can save us from everything.

Very, very true. The hard part is moving from, "hashem, save me!" and genuinely allowing hashem to help us.

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Re: making the silent battle...not.
Posted by Eye.nonymous - 09 Mar 2012 07:47

Hi SB!

Good to see you.

--Elyah

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Re: making the silent battle...not.
Posted by silentbattle - 18 Mar 2012 12:17

I need to work on being more positive. I've been supposed to find the time to d some 12-steps reading fo a while now, maybe it's time to actually do it.

And yes, again, I know that reading isn't the point - but it's a start.

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Re: making the silent battle...not.

Posted by alexeliezer - 18 Mar 2012 13:14

A path to positivity is hakoras hatov.

Start with your own amazing body and work your way out from there.

You'll be feeling positive in no time!

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Re: making the silent battle...not.

Posted by Eye.nonymous - 18 Mar 2012 13:54

[silentbattle wrote on 18 Mar 2012 12:17:](#)

I need to work on being more positive.

--Elyah

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Re: making the silent battle...not.

Posted by silentbattle - 25 Mar 2012 19:17

Zing! Touche! ;D

Alexaeliezer - you're absolutely right, but Hakoras hatov is difficult when you feel so angry and bitter and full of rage.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 03 Apr 2012 14:28

[silentbattle wrote on 25 Mar 2012 19:17:](#)

Zing! Touche! ;D

Alexaeliezer - you're absolutely right, but Hakoras hatov is difficult when you feel so angry and bitter and full of rage.

OR, it's so easy to be so angry and bitter and full of rage when you don't have hakoras hatov--when you don't appreciate any of the good things in life that you've already got but take for granted all the time.

--Elyah

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Re: making the silent battle...not.

Posted by Dov - 04 May 2012 13:10

[silentbattle wrote on 18 Mar 2012 12:17:](#)

I need to work on being more positive. I've been supposed to find the time to d some 12-steps reading fo a while now, maybe it's time to actually do it.

And yes, again, I know that reading isn't the point - but it's a start.

Bingo. So - when is the last time you did some step **writing**, and how did things turn out afterward?

Love you,

Dov

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Re: making the silent battle...not.

Posted by silentbattle - 19 Sep 2012 04:57

And, after a long, pause...

Dov, you always ask the right, and often uncomfortable questions. Although I haven't done enough step reading to know what step writing even *is*.

To make matters worse, I left GYE open, and my wife found it and started reading my page...she didn't read much, just some of the recent posts, but that's part of the reason i haven't

posted in a while.

That hasn't worked out very well. I'm back, and I'm going to work on staying back. I need the support, and especially considering everything else going on in life, I don't have much anywhere else.

I'm hoping this is something I chose to do on Rosh Hashana that'll actually last.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 19 Sep 2012 18:47

Welcome back, SB.

G'mar Chasima Tova,

--Elyah

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