

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 Gevura Shebyesod - 19 Sep 2012 19:44

Hi SB, welcome back!

Gmar Chasima Tova and hatzlacha in all things!

KOMT!!!

Gevura!

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Re: making the silent battle...not.

Posted by nederman - 20 Sep 2012 00:46

Hi, I am sorry that this is happening to you.

That is what a guy told me when my wife threw me out of the house, I spent three days here and two days there, I lived on tzedaka, and my kids would way to me from the car when my wife drove by me in the street.

Of all the things that happened to me then that is the one thing that truly made me feel better, not the mussar, not the hope that life will get better, just those few sincere words.

I am sorry that this is happening to you.

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Re: making the silent battle...not.

Posted by silentbattle - 20 Sep 2012 02:00

Thank you, Eye :-)

AlexEliezer - amen, and the same to you, many times over, in every area!

Nederman - thank you, although in that sense, things aren't so bad - more in the internal sense, of the fact that I've taken a few bad wrong turns, and I'm working on getting back on track. Reaching out is the first step, and reaching **in**, too - to myself, making sure I stay in touch with how I'm doing.

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Re: making the silent battle...not.

Posted by silentbattle - 21 Sep 2012 04:05

Working on closing the cans of worms I opened...well, not so much closing them as walking away from them, moving forward.

I need to remember that I learned new habits, new approaches and perspectives on life - more honest ones, more true ones, that make me happier.

No one else can impact what I should be doing, what I need to do. Yeah, that's a separate point, and kinda random, but no less true for that.

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Re: making the silent battle...not.
Posted by silentbattle - 23 Sep 2012 05:36

Trying to work on shmiras einayim. It's almost scary how much I've gotten used to not doing that, it's like learning a new way of living. Again.

And it feels good. I need to remind myself of that. I AM much happier this way.

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Re: making the silent battle...not.
Posted by Yosef Hatzadik - 11 Oct 2012 16:56

Chaver **Silentbattle**,

You know how to contact me....

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Re: making the silent battle...not.
Posted by yehoshua - 18 Oct 2012 06:32

May I just say that I hold you in high respect and that your posts helped me every time to stay sober. Just looking at your ninja picture gives me strength ;D

-Eli

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Re: making the silent battle...not.
Posted by Dov - 07 Nov 2012 05:25

Hi, spooky-ninja-bo-wielding-guardiani dude!

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Re: making the silent battle...not.
Posted by gibbor120 - 07 Nov 2012 15:47

Hi SB,

Nice to hear from you again!

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Re: making the silent battle...not.
Posted by reallygettingthere - 08 Nov 2012 05:36

[dov wrote on 07 Nov 2012 05:25:](#)

Hi, spooky-ninja-bo-wielding-guardiani dude!

Are you sure that's a bo? I thought it was just a sword being unsheathed.

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Re: making the silent battle...not.

Posted by Dov - 08 Nov 2012 18:07

Ooh, a karateka here! Yes, you are probably right....but SB is so good and **so** ninja-wu-tangy that he can hide a bo **inside** his sword.

He's cool like that.

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Re: making the silent battle...not.

Posted by reallygettingthere - 09 Nov 2012 04:28

[dov wrote on 08 Nov 2012 18:07:](#)

Ooh, a karateka here! Yes, you are probably right....but SB is so good and **so** ninja-wu-tangy that he can hide a bo **inside** his sword.

He's cool like that.

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I am in awe (eyes wide open jaw dropped)

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