

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 - 15 Mar 2013 15:35

Thank you for the smile this morning...I cna always use it.

I feel silly, coming back every few months and saying, "THIS time I'm going to stay consistent."

And the new forum layout, etc...maybe it'll grow on me. In the meantime, I'm once again hoping to post here regularly, just to stay awake and aware. Otherwise, I get stuck in autopilot, and not with a good destination.

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Re: making the silent battle...not.

Posted by silentbattle - 15 Mar 2013 15:56

So the basic thing is that I need to focus on my marriage. I may not be happy, but 1) that's partially just who I am, and 2) regardless of how unhappy I am, my search for happiness in this way isn't going to make me happy, just distract me from life and the unhappiness.

And the distraction isn't worth the destruction.

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Re: making the silent battle...not.

Posted by gibbor120 - 15 Mar 2013 16:55

[silentbattle wrote:](#)

And the distraction isn't worth the destruction.

Hi Silent,

I like the quote.

We're always here for you no matter how many times you come back.

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Re: making the silent battle...not.

Posted by Gevura Shebyesod - 15 Mar 2013 17:21

And I love that line too.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 15 Mar 2013 18:47

hi SB, nice to see your name here

i have heard that happiness is like a jellyfish, if you try to grab it slips between your fingers

you can only let it follow you, you can't 'catch' it

kind of like trying to see the back of your head, it's there but if you turn your head you won't see it

if you do the good stuff it'll rain down on you

and i like the distraction/destruction line too

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Re: making the silent battle...not.

Posted by Eye.nonymous - 24 Mar 2013 13:03

Hi SB,

About all this unhappiness. I have found, in my own experience, that a big part of my unhappiness comes because I have gotten into the habit of focusing on the problems and things that are going wrong. My attention, left on its own, drifts towards fears of the future or resentments from the past. Along the road to recovery, at the very least I've become aware of this and, at times, I am even able to shift my focus--to appreciate the moment and to focus on the good parts of life. I've found that to be helpful. To a certain extent, my unhappiness is of my own making.

Good to see you're still around.

If you keep popping in here every couple of months, that actually is, in a sense, regularity here.

--Elyah

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Re: making the silent battle...not.

Posted by Dov - 28 Mar 2013 21:21

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Re: making the silent battle...not.

Posted by silentbattle - 21 Jul 2013 12:14

Shhh...the ninja is back.

Hm. It seems that when I talk about writing regularly, it doesn't happen. SO I 'll just say...I needed to write. To at least do something.

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Re: making the silent battle...not.

Posted by cordnoy - 22 Jul 2013 04:15

Sb

We never officially met

Hope you're doing ok

Your lines about happiness (and hosafah from ZS) might save me for tonight

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 22 Jul 2013 19:45

Hey SB, welcome back!

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Re: making the silent battle...not.
Posted by chesky - 22 Jul 2013 20:05

Hi SB,

I feel and identify with your because I too had a period of sobriety after which I became a chronic faller.

It's good to meet again. It's been nearly three years since we last met. Back then I was "Ovadia" and you were a real hero for me. And guess what, you are still a hero. I think that it takes real superhuman willpower and strength to be able to achieve what you did.

At the time I was a miserable failure. I was unable to stay clean for more than a day at a time. I would call you sometimes for chizuk and sometimes for sympathy, and I will always remember you for that. And guess what; I am still a failure; I am still unable to stay clean for more than a couple of days. I have no idea if I will be clean tomorrow or today for that matter. But today I am sober, and slowly recovering.

It has been a long road for me; switching between hope and despair. Even after I started to go to SA meetings, it took me a long time to accept the basic things about myself which would bring me recovery. Even today, I don't always live with the awareness and acceptance that I should.

But slowly slowly things have begun to change to for me.

I hope that you to find the peace and calm that comes with recovery.

May G-d be with you.

Chesky

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Re: making the silent battle...not.
Posted by chesky - 22 Jul 2013 20:14

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Chesky

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Re: making the silent battle...not.
Posted by Dov - 28 Jul 2013 07:57

Hey Chesky! Howya doin, old pal?!

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Re: making the silent battle...not.
Posted by chesky - 28 Jul 2013 11:09

Good to be back Dov. Thanks

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