

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 chesky - 26 Aug 2013 12:44

Hi Elya. Good to see you back.

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Re: making the silent battle...not.

Posted by Dov - 30 Aug 2013 08:32

Yo! Eyeball!

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Re: making the silent battle...not.

Posted by silentbattle - 27 Jan 2014 01:27

I guess that's what happens when I started to be too proud of what I'd done.

Trying to not get pulled too far underwater.

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Re: making the silent battle...not.

Posted by Dov - 27 Jan 2014 09:54

Hey Ninja man! How ya doing? If you are getting pulled under some water, there are plenty who can't pull you out. So don't worry.

Wait a minute...! Huh?

Well, there are plenty who can't pull you out, so it'll be fine.

Wait a cotton-picking minute, there...! Whah? (a kung fu word, I believe)

Last time, OK:

There is a G-d Who can pull you out if you want Him to!

Phew! That's better!

And it appears that he does not pull people out without two conditions being met:

1- we **want** to give up whatever stuff (our lust) we are presently hanging onto to stay afloat...demonstrated by letting it go;

and

2- we actually **let** Him shlep us far away from it, to a new place where the stuff we were dying to hang on to is out of our reach and we do not even *want* it.

That #2 is the scariest. Real change scares the hell put of normal people...and even more out of abnormal people. What every fibre of our being has been screaming to us we need **more** of will not even be looked up to by us for today?

It's utter sacrilege.

Hey, nice to have you back!

How was that for a splash in a cold mikvah?

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Re: making the silent battle...not.

Posted by cordnoy - 10 Nov 2014 02:12

[Dov wrote:](#)

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no comment necessary; another classic!!!!

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Re: making the silent battle...not.

Posted by silentbattle - 25 Mar 2015 15:57

Thank you Dov...a lot of truth in there.

Lots of stuff going on in my life, a lot of stress...making my attempts to stay clean and remember what's really important, a bit more difficult.

I've also not been on for a while, because my wife saw some of my posts and as soon as she saw a word about struggling, she started panicking...and unfortunately, explaining doesn't always help.

But I think if I remember to close the GYE tab when I'm done, this is a healthy thing to do.

Not sure what "this" is, but...yeah. Something.

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Re: making the silent battle...not.

Posted by gibbor120 - 25 Mar 2015 16:59

I hear you. I had similar issues, when I'd mention filtering the computer, my wife would get all nervous. Then she caught me, and after things got worse, they got much better B"H. Hang in there and KOT!

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Re: making the silent battle...not.

Posted by silentbattle - 25 Mar 2015 23:30

Thanks - it's been a long time since someone encouraged me to keep on trucking! Thanks for the smile!

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Re: making the silent battle...not.

Posted by Gevura Shebyesod - 26 Mar 2015 02:47

Hatzlacha and KOMT!!!

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Re: making the silent battle...not.

Posted by silentbattle - 26 Mar 2015 13:12

Thank you, brother. It's good to be back. I guess I always know this, but being in touch with people is essential. Whether I'm feeling good about life in general, and positive, or not. And whether I'm doing well in recovery, or not.

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Re: making the silent battle...not.

Posted by cordnoy - 26 Mar 2015 13:30

I am glad I bumped this thread.

B"H.

b'hatzlachah

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Re: making the silent battle...not.

Posted by silentbattle - 21 Apr 2015 14:44

It's good to have you...I was feeling restless and figured that coming by and posting would be a good idea. 1) Better than a lot of other options, and 2) Gives me a chance to stop for a minute and REALIZE that I'm feeling restless, and try to just accept that fact for a moment.

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Re: making the silent battle...not.

Posted by silentbattle - 20 Dec 2016 04:04

Aaaand...back again. Wife just found out what I've been doing, and need to make some serious changes.

One is being involved here.

God, I'm stupid. Maybe that's the first lesson.

But what I mean is that it's never been driven home this hard than looking back right now...realizing so clearly that nothing I did...searching online, chatting with women...it wasn't going to fill the whole, what I felt was missing. Loneliness, feeling empty, angry...it wasn't going to change any of that. DEFINITELY wasn't going to help or improve anything, and only going to make it easier for me to ignore the issues, easier to NOT focus on the things that needed focusing on.

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Re: making the silent battle...not.

Posted by Gevura Shebyesod - 20 Dec 2016 04:14

Welcome back!!

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