

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 habib613 - 03 Jan 2010 03:03

HOW do you have time to post chizzuk to like everyone?

whatever it is you're drinking, keep it up, it's amazing!

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Re: making the silent battle...not.

Posted by silentbattle - 03 Jan 2010 03:24

Thanks, Habib - I could say the same of you! ;D

And as everyone here knows, giving chizuk helps us stay strong!

"Giving chizuk - proven to increase spiritual growth density by at least 15%. Where's your mustache?"

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Re: making the silent battle...not.

Posted by sci1977 - 03 Jan 2010 11:55

Keep doing what your doing. It's working for you and working for everyone else too.

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Re: making the silent battle...not.
Posted by silentbattle - 03 Jan 2010 13:02

:D

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Re: making the silent battle...not.
Posted by silentbattle - 03 Jan 2010 14:12

i was debating whether or not to throw in the "where's your mustache line," but then I figured, hey - if i remember correctly, about half the people in those ads are women, so it's probably OK...

Hey, I thought my milk-ad parody deserved at least half a smile!
Interesting point that I noticed today. When I take my glasses off, it's not just that I can't see - it's like the whole battle is removed. It becomes easier not to look, even when women get closer. And although I probably could squint my eyes and see more clearly, I just don't feel any urge to, it's nothing like the struggle I'd have if i was looking down or to the side, trying not to look up.

I wonder why that is - unless quite simply, it's hashem helping me out.

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Re: making the silent battle...not.
Posted by sci1977 - 03 Jan 2010 15:53

What an idea. If you wear glasses, take them off and you can't see. KUTGW!!!

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Re: making the silent battle...not.
Posted by habib613 - 03 Jan 2010 21:17

i didn't get it...lol. now i do. yes, it deserved a :D

that's pretty cool, about the glasses.

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Re: making the silent battle...not.
Posted by imtrying25 - 03 Jan 2010 21:29

Now i have it all figured out. Your the nutjob that bumped in to me **3** times today. Cant you watch where your going??

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Re: making the silent battle...not.
Posted by silentbattle - 03 Jan 2010 21:55

I'll try - but make you still have your wallet...oh, right, you don't live in NY... :D

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Re: making the silent battle...not.
Posted by imtrying25 - 03 Jan 2010 22:12

[silentbattle wrote on 03 Jan 2010 21:55:](#)

I'll try - but make you still have your wallet...oh, right, you don't live in NY... :D

Oh and i knew you were mumbling something like.....40 days.....40 days.....and i couldnt understand what the heck you were talking about. Now i think i got it.

Mazel tov on 40. And tamshich trukkin.

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Re: making the silent battle...not.
Posted by silentbattle - 04 Jan 2010 00:02

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Re: making the silent battle...not.
Posted by silentbattle - 04 Jan 2010 02:03

Can I ask how the stars under our avatars work?

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Re: making the silent battle...not.
Posted by habib613 - 04 Jan 2010 02:14

by how many posts you have.
Well, thanks for the belated mazal tov (slightly miffed emoticon)
and your status (like moderator and stuff)

girls can only get up to 3

but what exactly are u asking?

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Re: making the silent battle...not.

Posted by silentbattle - 04 Jan 2010 14:34

I guess what confused me
was that some people (uh...like you) had lots of posts, but less stars. Why do girls only get three
stars? Is that an extra incentive to become a moderator? ;D

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Yeah, Habib, that's what I was wondering, just curious - thanks!