

making the silent battle...not.

Posted by silentbattle - 04 Dec 2009 04:12

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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 cordnoy - 02 Jan 2017 04:38

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[silentbattle wrote on 02 Jan 2017 04:23:](#)

Yep, 'bout 2 weeks ago, boruch hashem.

Wow.

that'sl tough.

I don't remember you writin' about that.

It should be with hatzlachah.

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Re: making the silent battle...not.

Posted by gibbor120 - 04 Jan 2017 22:43

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It's rough when they find out. For me it was the beginning of my healing. It was not easy at all, but B"H, I'm much better off now, as is my marriage. I wish you the same. Keep posting. We are here for you.

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Re: making the silent battle...not.

Posted by silentbattle - 05 Jan 2017 01:58

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I think I mentioned it, thought it may have gotten lost in the midst of all the other details. Which is maybe as it should be. Oh, don't get me wrong - that conversation was not fun at all, and I was horrified, shocked, ashamed, feeling awful at how hurt she was, on so many levels.

But honestly, I'm glad it happened. Because I'm able to focus on recovery, on being clean, on my relationships, and on real life, in a way that I wasn't just a few weeks ago. And yes, I was planning on making a push in this direction...but making plans doesn't always pan out, y'know?

Now I find myself enjoying real life, enjoying a real relationship with my wife, my children, myself.

I've been trying to figure out what my poison is...whether an addiction or otherwise I don't think it's just about sex or sexual pleasure, or even mostly. I think it's more about feeling wanted, needed, appreciated. Have to figure out how exactly to let go of that...or what that would even mean.

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Re: making the silent battle...not.

Posted by Singularity - 05 Jan 2017 11:23

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[silentbattle wrote on 05 Jan 2017 01:58:](#)

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For sure. We avoid the real issue if it's just about the sex. Step 1 of 12 is the only step that directly addresses the specific addiction. The rest of the steps are about positive personal spiritual transformations

Maybe not to let go, but to build on it in a positive way?

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Re: making the silent battle...not.

Posted by silentbattle - 06 Jan 2017 18:20

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In what ways would you recommend building on those needs in a positive way? They seem rather self-centered. Normal, perhaps (though no doubt exaggerated in my own case), but still selfish.

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Re: making the silent battle...not.

Posted by Singularity - 09 Jan 2017 07:57

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I think it's a basic human need to be wanted. It's not good for man to be alone.

To deny the need, I don't think you'd have a foundation to build upon.

So let it drive you. What's the cycle? Here's a choice:

Feel needed

--

Feel frustrated nobody needs you

**OR** make yourself needed

--

act out

Feel satisfied but no longer needed

--

Feel disgraced but no longer needed

(see Dov's Nuclear Reset Button)

(besides, who'd even need you? What a

*schlump*)

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Start to feel needed again -- (*ad infinitum*)

We have a choice. Now how do you make yourself needed?

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Re: making the silent battle...not.

Posted by cordnoy - 10 Jan 2017 00:48

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Many people I speak to (myself included) say that it's not really about the rush of sex; it's more about being wanted or needed. The fellows by the SA meetings used to say similar. That is why we need to work on improvin' ourselves, our relationships with real, true people, and ultimately, our relationship with God. This leads to bein' content. This leads to serenity. This is what life is about.

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Re: making the silent battle...not.

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Posted by silentbattle - 13 Jan 2017 01:16

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So basically, when we feel that neediness, to take positive steps towards feeling connected.

I guess the work to do is being able to take those steps even when it doesn't give me the instant gratification I crave, even when I don't *feel* connected by the positive actions I take.

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Re: making the silent battle...not.

Posted by Singularity - 13 Jan 2017 09:19

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Yes.

Why do we always need instant gratification?

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Re: making the silent battle...not.

Posted by silentbattle - 22 Jan 2017 00:50

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So...I've started going to SA meetings. Not sure if this is the answer for me, but it's definitely something that has potential, and I'm going to be exploring it and see where it goes.

I do find it fascinating how most of the focus is on facing all of our issues, and trusting in God in all areas. Definitely a good approach, and very impressive how everyone was able to be open and share their different struggles in life - connected to lust, or otherwise.

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Re: making the silent battle...not.

Posted by Markz - 22 Jan 2017 01:21

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[silentbattle wrote on 22 Jan 2017 00:50:](#)

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Well done mr **SilentNoMoreBattleFree**

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Re: making the silent battle...not.

Posted by silentbattle - 17 Feb 2017 15:53

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Hey everyone - life has been busy. Going to SA meetings, trying to figure out when/how I can get to a secon meeting each week, going to therapy, working, focusing more on family, reading the White Book, along with another book on sex addiction my therapist recommended...I wish there were more hours in the day!

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Re: making the silent battle...not.

Posted by Markz - 17 Feb 2017 15:58

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[silentbattle wrote on 17 Feb 2017 15:53:](#)

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Are you sure? I know what I was doing before gye in the extra hours of the day...

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Re: making the silent battle...not.

Posted by silentbattle - 17 Feb 2017 19:33

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LOL...I hear that. Maybe it's because I'm suddenly more in tune with the demands of real life. Or maybe it's that recovery is actually taking more time.

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