

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 cordnoy - 20 Feb 2017 14:43

So, I am tryin' again.

My first post here this mornin' blew up into cyberspace.

It can be frustratin', especially on mobile, but I took it like a man this time, and I still love GYE and all its quirks.

I spent yesterday, to the chagrin of my family, readin' every single post from Mr. Silent Battle on this amazin' 81 page thread. I read the majority of the other commentors as well. (This was actually the second time I did this, the first bein' when our hero re-appeared several years ago after a long hiatus.) It had me glued to my seat and nothin' could budge me from clickin' next. (Can't there be a way to have an entire thread on one page?) I wrote three pages of notes, questions and comments and I plan on sharin' them someplace.

What makes this thread so special? How did it come about that a young guy (relatively), single (begrudin'ly), lonely and afraid - will join a rowdy, mussar-entrenched, wild, elderly, drunk, RAGEful (at the time), intelligent, kabbalistic, 12 stepper bunch, stately - and almost immediately become the guy that everyone wants to meet and communicate with? Everyone piles on to his thread to congratulate, commiserate, encourage, critique and advise. He is spewin' his wisdom and insights on the threads of others. He is loved from the East coast to the West Bank and in between in London. How did he become the Alessia Cara of GYE?

IMHO, it is on account of two special qualities: His brutal honesty and his willingness to listen, try and explore (includin' Woodford). Many claim they are outright and truthful. There are those

who attempt new steps. Nothin' should be taken away from anyone else, but Mr. SB sr. (and I don't even recall seein' a first name; Dov used to call him flyin' ninja saucer kamikazi) excelled at this, and he was adored.

If he wants, i will share my questions, notes, comments and quotes here.

Wishin' him loads of continued hatzlachah.

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Re: making the silent battle...not.

Posted by unanumun - 20 Feb 2017 15:41

Welcome back!

you were missed

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Re: making the silent battle...not.

Posted by silentbattle - 21 Feb 2017 04:03

[Singularity wrote on 20 Feb 2017 08:26:](#)

Wonderful!

How do you feel a second meeting would help?

Honestly? Not 100% sure. I guess it's a higher level of immersion, but really not certain. And if I was making the decision on my own, I probably wouldn't be going for a second meeting. Seriously, there's no time in my schedule for one! But everyone I look up to in terms of my recovery and sobriety has said that a second meeting is a good move for me. Dov, my therapist,

my sponsor, other SA members...

So at that point I'd be an idiot not to listen. And I've spent too long doing idiotic things to want to become more of an idiot than I've already been.

Umanumun - thank you for the welcome!

And Cordnoy...wow. Thank you. I don't know how to respond to that. I have trouble with sincere compliments, certainly coming from someone as special as you. I really appreciate your words. Honesty is a trait I value highly, and perhaps that's why this disease is so embarrassing. And why letting go if it is so liberating.

I would welcome and appreciate your insights and comments.

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Re: making the silent battle...not.

Posted by cordnoy - 21 Feb 2017 05:30

Here are some things I jotted down:

SB SR. wrote: "Fortunately, I was lucky to have a friend who would tell me when I'm acting below myself."

[This is extremely important and a key to success. Many think that friends are for ra-ra, and "go blue go!" That is not the case. Yes, friends should be that as well, but a true friend is one who can tell you when you are out of line. ??????]

Your Rebbe found out and you spoke to him. [While you couldn't maintain this closeness (it seems to me) years later, you always knew that he was there for you. At times, the fact that he was busy deterred you from reachin' out. Is that connection still there? Is it a possibility? By the

way, my rebbe found out and I spoke to him. Once. The thought of speakin' to him again hardly ever occurred to me. 30+ years later, I reached out again. Was it an earth shatterin' conversation? No, but it sure felt liberatin'.]

To be cont.....

B'hatzlachah

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Re: making the silent battle...not.
Posted by cordnoy - 21 Feb 2017 05:33

And yes, it's probably a good move to go another time, especially if those you mentioned are givin' that advice.

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Re: making the silent battle...not.
Posted by Singularity - 21 Feb 2017 07:44

[cordnoy wrote on 21 Feb 2017 05:33:](#)

And yes, it's probably a good move to go another time, especially if those you mentioned are givin' that advice.

I agree completely. More accountability, I guess. Different experience. And two pitstops in the week instead of one.

Hatzlocha. May the sea split for you.

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Re: making the silent battle...not.

Posted by silentbattle - 23 Feb 2017 01:37

[Singularity wrote on 21 Feb 2017 07:44:](#)

[cordnoy wrote on 21 Feb 2017 05:33:](#)

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I agree completely. More accountability, I guess. Different experience. And two pitstops in the week instead of one.

Hatzlocha. May the sea split for you.

Thank you - and all that makes sense. But even without understanding, I'm trying to follow the advice of more experienced, wiser people. Another thing I'm hearing from people is the phrase, "my best thinking got me here." I may be smart, but I have the capacity to do very, VERY stupid things. I cannot rely on my ability to make good choices.

Cordnoy: I actually am not sure which friend I'm referring to in that post. However, I actually did stay in touch with my rebbe, and still stay in touch with him. He's a great guide, and he knows me better than I know myself. He advised that I speak to a therapist who specialized in addiction and let him make the decision of how much of an addict I was - i.e., do I need to go to meetings. And...yep, I'm going to meetings.

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Re: making the silent battle...not.

Posted by cordnoy - 23 Feb 2017 03:06

[silentbattle wrote on 23 Feb 2017 01:37:](#)

[Singularity wrote on 21 Feb 2017 07:44:](#)

[cordnoy wrote on 21 Feb 2017 05:33:](#)

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I agree completely. More accountability, I guess. Different experience. And two pitstops in the week instead of one.

Hatzlocha. May the sea split for you.

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Cordnoy: I actually am not sure which friend I'm referring to in that post. However, I actually did stay in touch with my rebbe, and still stay in touch with him. He's a great guide, and he knows me better than I know myself. He advised that I speak to a therapist who specialized in addiction and let him make the decision of how much of an addict I was - i.e., do I need to go to meetings. And...yep, I'm going to meetings.

great to hear.

Onward! in my notes.

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Re: making the silent battle...not.

Posted by cordnoy - 23 Feb 2017 03:16

Early on in your saga, I saw at least three or four times that you wrote: I said good bye to past relationships. Seems each time there was another step of biddin' good riddance.

I can appreciate that, for I know how difficult those are. To really say adios to our past is not simple. There is a strong pull to just hold on a smidge. And even when there is a partin' of ways, there still exists somewhat of a crack, wherel a 'hello' can be spoken.

Step after step you had the strength to take it to the next level. This is what the white book talks about, and even more so, in the daily renewal: do you commit to do everything in your power to remain sober for the next twenty-four hours? One who is hidin' a magazine (do they still havel those?) underneath a mattress cannot respond in the affirmative.

A great lesson learned.

Thank you

B'hatzlachah

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Re: making the silent battle...not.

Posted by cordnoy - 24 Feb 2017 05:55

SB SR. had a song that he was mechadesh.

CHORUS: Heard you came around here, looking for someone,

Heard you came around here, looking for me,

Well, I hate to tell you that he doesn't live here anymore,

I hate to tell you that's no longer me.

And then he explained: so often, we've grown, and we've really grown past certain habits we have - and yet, the habit can still remain. So we need to remind ourselves that we're not where we were anymore, that's no longer who we are. I'm sorry, sir, but you have the wrong number. So I don't have to deal with...whatever! And this can apply to any unhealthy behavior or issue.

(Several years ago, I wrote a different song with the same kavanah, but this one is holy.)

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Re: making the silent battle...not.

Posted by Singularity - 24 Feb 2017 08:15

BH

I'm glad this time it's holy.

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Re: making the silent battle...not.

Posted by silentbattle - 24 Feb 2017 15:43

I don't know if it's holy, but I do like it :-)

I'd love to hear your song sometime, if you'd care to share.

In other news, still working on finding the time and place to do my first step inventory.

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Re: making the silent battle...not.

Posted by cordnoy - 24 Feb 2017 15:58

[silentbattle wrote on 24 Feb 2017 15:43:](#)

I don't know if it's holy, but I do like it :-)

I'd love to hear your song sometime, if you'd care to share.

In other news, still working on finding the time and place to do my first step inventory.

It's not my song, but it speaks to me.

Onel of our groups just hung upl readin' and talkin' about step three.

With another this week, we were workin' on step four fear sheets.

Let me know please if you wanted to do a phone share, or perhaps you were referrin' to your meetin's/sponsor.

B'hatzlachah

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Re: making the silent battle...not.

Posted by cordnoy - 24 Feb 2017 16:38

[silentbattle wrote on 24 Feb 2017 15:43:](#)

I don't know if it's holy, but I do like it :-)

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In other news, still working on finding the time and place to do my first step inventory.

[cordnoy wrote on 07 Aug 2014 05:47:](#)

As I posted seven months ago.....

To whom this may concern (me....the part of me that likes to fantasize, lust and desire; I used to call this the yetzer hara, but then I realized it was me; perhaps afterwards I understood that this is the natural yetzer hara in me, and not the spiritual one),

As advise from Skeptical and Pidaini, I am writing you this letter. This is what I will be telling you when you come knocking again, and I know you will...you @\$%.

At first, I was afraid, I was petrified

Kept thinking, I could never live without you by my side

But then I spent so many nights thinking, how you did me wrong

And I grew strong and I learned how to get along

And so you're back from outer space

I just walked in to find you here with that sneaky look upon your face

I should have changed that stupid lock

I should have made you leave your key

If I'd known for just one second you'd be back to bother me

Go on now, go, walk out the door, just turn around now

Cause you're not welcome anymore

Weren't you the one, who tried to hurt me with your lie?

Did you think I'd crumble? Did you think I'd lay down and die?

Oh, no, not I, I will survive

Oh, as long as I know how to live, I know I'll stay alive

I've got all my life to live, I've got a family to give

And I'll survive, I will survive, hey, hey

It took all the strength I had not to fall apart

Kept trying hard to mend the pieces of my broken heart

And I spent, oh, so many nights just feeling sorry for myself

I used to cry but now I hold my head up high

And you see me, somebody new

I'm not that chained up little person still infatuated with you

And so you felt like dropping in and just expect me to be free

But now I'm saving all my living for Someone Who's loving me

and that's God...every moment

b'hatzlachah

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