

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 imtrying25 - 07 Dec 2009 12:04

IT25 - I think they're similar in that both give a blunt explanation of how the world works. They are different, but in many ways, they're the same - they're both from Kelm, right? Though R' Dessler has a broader range of influences, I think.

Yes that is definitely on the mark. R Dessler was alot into chassideshe seforim while R Yeruchem was based much more on the like of Ramchal, Rabbeinu Yonah, and the previuos Ba'alei Mussar. R Dessler is m uch more philosophical as well. And yes they both learnt in Kelm , but at different times though.

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Re: making the silent battle...not.

Posted by silentbattle - 07 Dec 2009 13:20

Still, R' Dessler quotes plenty of litvish sforim, and what I've discovered is that R' Yeruchum, in a very low-key way, gets into deep kabbalah-type stuff.

As an aside, I was recently talking with a friend who said that some guys he knows learn R' Dessler before they go to bed, because it's "light reading, pretty easy and simple." huh? I wasn't sure whether to laugh or cry.

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Re: making the silent battle...not.

Posted by imtrying25 - 07 Dec 2009 20:19

Ive had people tell me things like that before and i just walk away thinking how theyre missing out on so much. And i agree with the kabbalah part. Also i didnt mean to say that R Dessler wasnt into litvishe seforim just that he used alot of chassidic seforim as well. Mainly the Ta'anya. Although there were rumors that R Yeruchem did too (for those who read mishpacha) i confirmed it with family members and it has absolutly no basis. My rebbe is a grandson and my brother is married to a granddaughter.

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Re: making the silent battle...not.

Posted by silentbattle - 07 Dec 2009 23:03

It's kinda like (l'havdil) looking at a brand new ferrari, and the only compliment you have is that "it has chairs inside."

I think that whether you've got litvish or chassidish blood, kabbalah is kabbalah. And there were plenty of litvish mekubalim. Although like I said, I think R' Yeruchum's kabbalh tends to be more low-key, or possibly just less-explained. or so it seems to me.

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Re: making the silent battle...not.

Posted by imtrying25 - 07 Dec 2009 23:06

:D ;D

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Re: making the silent battle...not.

Posted by silentbattle - 07 Dec 2009 23:10

In other news...I'm still clean, and generally doing well, not feeling a constant struggle, though there are moments that I miss the old relationships.

And to make things harder, it looks like it's going to be at least another month or two before I can start dating again. So I don't even have that to look forward to, yet...

Sigh.

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Re: making the silent battle...not.
Posted by imtrying25 - 07 Dec 2009 23:12

C'mon man dont let that get you down. Try to think of the positive aspects. Like no thinking should i shouldnt i or is she the right one etc etc. Hang out with the guys for some time. It can

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Re: making the silent battle...not.
Posted by silentbattle - 07 Dec 2009 23:19

Well, yes - if most of my friends weren't married, and/or living in a different state/country. Which is a major part of my problem, honestly - the reason I got involved in the aveiros I did was because I needed to feel like I was connecting to something, I wanted to feel less alone.

That's part of the reason that GYE helps me - I feel like I'm part of something, a group of friends...I get support, and can give, as well.

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Re: making the silent battle...not.
Posted by imtrying25 - 07 Dec 2009 23:24

be fun too.

Dov would tell you.. i can *give* support and *get* as well. Our focus has to be on giving. Somehow this helps us in this whole thing. Sorry to hear about your sitch. Im sure its tough. So keep on posting here cuz we all luv ya bro!!!

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Re: making the silent battle...not.
Posted by silentbattle - 07 Dec 2009 23:33

I know - and I do like giving support.

Thank you, I know...I'm still trying to get to know everyone on here...

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Re: making the silent battle...not.
Posted by imtrying25 - 07 Dec 2009 23:41

Dont worry brother youll get there and before you know it you wont be able to keep up. :D :D

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Re: making the silent battle...not.
Posted by silentbattle - 08 Dec 2009 13:13

Just took another difficult step...said goodbye to a woman who I'd been friends with. It was hard, not just because we were attracted to each other (which we were), but because we weren't even meeting, we were just talking on the phone, as friends, so I could justify it...and she really needed someone to be there for her, and I liked that being me.

But, I have no doubt that I did the right thing. I just wish I didn't feel so grimy, like I'm abandoning a friend, while doing the right thing.

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Re: making the silent battle...not.

Posted by sci1977 - 08 Dec 2009 14:56

Just keep going. Your own will and G-d's help will get you and the rest of us through.

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Re: making the silent battle...not.

Posted by the.guard - 08 Dec 2009 15:19

I just wish I didn't feel so grimy, like I'm abandoning a friend, while doing the right thing.

Yes, we've seen this on our forum before... the feelings when letting go of an unhealthy friendship or girlfriend are painful indeed, and the bad feelings can linger for a while.... but the reward you will get for this difficult step is unfathomable. We salute a brave soldier of Hashem!

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