

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 sci1977 - 11 Jan 2010 15:58

KUTGW and I for one am very happy you are doing great.

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Re: making the silent battle...not.

Posted by silentbattle - 11 Jan 2010 16:46

Thanks...it's just really difficult, without much support.

Keep on trucking, right?

Sigh.
Love it that your living. Lonelybattle. No way!!!

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Re: making the silent battle...not.

Posted by sci1977 - 11 Jan 2010 17:05

You are doing great. What amazes me is how you write in everyones and not many respond in yours? I wonder if you went to the wall page if you would get more. I for one, always read your post and learn from them. You teach me more then you probably realize. Maybe get guard to let you get a banner on the homepage. (Post in silentbattle's thread???) I am enjoying my trucking ride with you. KUTGW and don't get down on not many posting, not many post in mine either. I'm here for you bro.

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Re: making the silent battle...not.
Posted by silentbattle - 11 Jan 2010 18:10

:D :D

You're the best...

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Re: making the silent battle...not.
Posted by Steve - 11 Jan 2010 18:15

hey there hi there ho there!!

Nice place you have here. love the drapes.

Where do you keep the liquor, anyway....?

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Re: making the silent battle...not.

~~yeah, that sometimes amazes me, too ->~~

Posted by sci1977 - 11 Jan 2010 18:19

[Steve wrote on 11 Jan 2010 18:15:](#)

hey there hi there ho there!!

Nice place you have here. love the drapes.

Where do you keep the liquor, anyway....?

He also served pickles and peanuts!!!

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Re: making the silent battle...not.

Posted by silentbattle - 11 Jan 2010 18:34

Thanks Steve - I've got something for everyone - 7up, pickles, and liquor, too! What kind of liquor is your favorite, by the way?

Take your pick...Sci, not sure about the peanuts...I think I have pretzels, though...

And thanks for dropping by - I appreciate it!

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Re: making the silent battle...not.

Posted by sci1977 - 11 Jan 2010 20:26

were all a little nutty here. pick a nut, i know you want to.

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Re: making the silent battle...not.

Posted by shemirateinayim - 11 Jan 2010 21:00

Hey, i think I'll take-up the cause. there aren't really any thread I follow on a steady basis. other than my own. keep learning man, shteig away. And if you want a new hobby, try learning kol kisvei chafeits chaim, well enough that you can quote it iff the cuff. It's fun to have mareh mekomos for every conversation.

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Re: making the silent battle...not.

Posted by Ano Nymous - 11 Jan 2010 21:22

Hey SB,

I'm in your thread!!

I don't know what to say...umm....do you like ice cream, or sushi? ;D

But seriously, keep up the awesome work. I'm loving the freedom right now. I can walk the streets, I can surf the internet, I can talk to talk to attractive women, and I don't have to feel even the faintest pull of lust. It's so liberating not to have this on my plate. And I've got a collection of phone numbers to call the next time I feel lustful (and you're on it!). Thanks SB, and keep up the good work!

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Re: making the silent battle...not.

Posted by silentbattle - 11 Jan 2010 22:46

Sa - welcome! Good to have you visit!

Right now, the two main seforim I learn are michtav m'eliyahu and r' yeruchum.

Always a good conversation line - be careful using that line on dats, though, cuz that might be the dating equivalent of "so, do you want to talk about something more interesting?" :D Thanks for posting!

Fine...I'll have some nuts thrown into the mix ;D

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Re: making the silent battle...not.

Posted by sci1977 - 12 Jan 2010 01:15
Ano - Ice cream -though sushi can be fun

With all due respect everyone here, the more nuts the better!!!! ;D

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Re: making the silent battle...not.

Posted by Steve - 12 Jan 2010 05:26

That reminds me... speaking of nuts...

When I left Israel when I was a bochur, I stopped in a Duty free shop to get a bottle of ANYTHING Israeli just for kicks, found a neat looking bottle of Hazelnut Liquor. Next to the name Hazelnut, it had a logo-like picture of the top of Ben Gurion's head. You know the view, all bald except for the bushy tufts of white hair on the sides of his head. Next to the top of his bald head, it had the words: "Hazelnut: A tough nut to crack."

Tasted good, too.

Anyway, SB you can talk all you want, cuz everything you have to say is a real gem. KOT!!

What I wanna hear more about is ANO's experience of FREEDOM, which sounds a lot like what DC promised we could get if we work the steps properly. C'mon, Ano, lay it on us, man..! An' while he's talking, SB, wanna serve us up some chips & dip? (Fat Free, of course)

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Re: making the silent battle...not.

Posted by Ano Nymous - 12 Jan 2010 05:32

Hey Steve,

I don't have any secrets. Thankfully, I'm only 20 so I kinda nipped this in the bud. I do still struggle sometimes, but it's loads better than it used to be. I'd love to talk to you btw! SB has already had the misfortune, and it could soon be YOURS. Click the PM button :D

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