

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 silentbattle - 21 Jan 2010 23:45

Just wanted to mention, because i don't want it to seem like everything is always so smooth...

The other night I was on a website, checking out something that was fine...and I was bored, and tempted - not for anything wrong, but to go to another part of the website, which I knew could easily lead to things that would lead me to other things...

Very tempting. I was SO in the mood. But "Hashem gave me my freedoooooom!" And I just clicked that website closed. I was going to get up from the computer, but then I got a GYE message. ;D

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Re: making the silent battle...not.

Posted by imtrying25 - 21 Jan 2010 23:48

Your the king. Simple the **KING**!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: making the silent battle...not.

Posted by silentbattle - 21 Jan 2010 23:57

No way, bro. Only one King per country, and you already claimed it. 'sides, you're older than me, so if anything, I'm just the prince.

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Re: making the silent battle...not.

Posted by imtrying25 - 22 Jan 2010 00:02

[silentbattle wrote on 21 Jan 2010 23:57:](#)

No way, bro. Only one King per country, and you already claimed it. 'sides, you're older than me, so if anything, I'm just the prince.

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Re: making the silent battle...not.

Posted by habaletaher - 22 Jan 2010 10:05

Hey SB,

I know that feeling well, the lil' shmoiger/shmoiget (ha lan, ha lihu) inside of us, says, why don't u just look at this, and then iz zuggen, no but just this, and before you know it... tze nisht git in gantzen...

Power to you my brother for clicking away from the site right away!!!

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OK. Im in israel remember. So that makes us both fit to be king!

Re: making the silent battle...not.

Posted by silentbattle - 22 Jan 2010 16:05

Yuppers...

An interesting point that I've noticed for a while, but worth posting about. I sus[ect everyone does this soemtimes, and it's worth noticing.

I want some orange juice - so I go to the fridge, and it's [i]all [/i]the way in the back. Sigh. i have to pull out 3 bottles of milk, a stack of containers, a pot of soup, another kidn of orange juice...finally, get my orange juice, then put everything else back. It's annoying.

Then I stop. "wait a second...I'm getting annoyed because I have a full fridge?"

How often do we do that? I'm getting stressed out because I have a bunch of different jobs, and my schedule is up in the air, etc. But I want all those jobs, they're good for me on a whole bunch of levels. So smile, thank hashem, and realize that He's hugging me!

Sometimes, the yetzer hora can even make *hugs* look bad!

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Re: making the silent battle...not.

Posted by sci1977 - 22 Jan 2010 22:35

Keep it up SB. We all are inspired.

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Re: making the silent battle...not.

Posted by silentbattle - 24 Jan 2010 01:37

Yay! Everyone, Sci's coming home, Sci's coming home! ;D

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Re: making the silent battle...not.

Posted by silentbattle - 24 Jan 2010 01:49

Had a great shabbos - hope you all did, too...

My 90 day celebration will be tomorrow. As of now, I'm probably not going to be dropping off bottles of woodford in random shuls, because probably not many (if any) of the people who would understand would end up getting any...

But, if you'd like to send me a PM wishing me mazal tov, please do. And if you want to call me, send me a PM and I'll give you my number, as well as when would probably be a good time to call.

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Re: making the silent battle...not.

Posted by Kedusha - 24 Jan 2010 04:11

Dear Silentbattle,

Since there's less than one hour to go, let me be the first to wish you . . .

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Re: making the silent battle...not.

Posted by Ineedhelp!! - 24 Jan 2010 04:58

ITS 12 AM!!!!!! MAZAL TOV!!!!!! :o :o :o :o :o :o ;D ;D ;D ;D :D :D :D :D

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Re: making the silent battle...not.

Posted by Kollel Guy - 24 Jan 2010 06:21

MAZAL TOV!!!

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Re: making the silent battle...not.

Posted by Ano Nymous - 24 Jan 2010 13:57

MAZEL TOV SB!!!

Sorry about all the dropped calls, but you still get the point :D

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Re: making the silent battle...not.

Posted by silentbattle - 24 Jan 2010 15:51

I"YH to all the rest of us as well one day

Thanks Kedusha, and KG - and Ano, yeah, it happens - I really appreciate the call!

I'm hoping to go all the way to the full WOH 90 days, soon enough...and beyond!

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