

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 Kollel Guy - 27 Jan 2010 21:51

[shemirateinayim wrote on 27 Jan 2010 19:52:](#)

Don't write fiction, write torah. Pick a ma'asah in shas. Then if you like doing it, pick the a peice of the parshah. It CAN be written out of order, and even if you lack an illustrator, just write the books in a way that parents could properly "bring torah to life". Halevai children would beg daddy to read 'parshas Vyigash" instead of 'winni the poo' !! But we need talent to do it! And by takent I mean you.

Sorry SA, I think it's better to write fiction.

The main thing is to keep the readers interested, and show them emotions you want them to have. I went till 21 without knowing what it meant to actually *like* H-shem, and not just be 'thankful' for all the presets he gives me. If the topic is based on good and healthy Jewish ideas and feelings, that's more than enough to do a great service for Klal Yisroel.

I find most Jewish true stories to be interesting, only because I already know who the characters are.

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Re: making the silent battle...not.

Posted by silentbattle - 28 Jan 2010 16:34

Dunno about the story writing.

I was talking to a friend of mine that works with people that have developmental disabilities. So, he was waking up one of the residents in his home, and the guy refused to get out of bed. Kept saying, "I want to, but it's just too hard - I *can't*!"

When he told me about this, I immediately realized that...that's *us*. Sure, the guy could get out of bed, but it's difficult. And he gets caught up and focuses on how much he's tired and sleepy, or cold, and doesn't want to get up...and he says that he can't.

We feel the same way sometimes. Things are so tempting, and the drive is so strong, we start dreaming, thinking, and we realize that it's just impossible to keep fighting. But I have to stop and remind myself that in a lot of ways, I'm exactly the same as the mentally retarded (and I use that as a technical term) guy. I make the same excuses, I have the same flaws in my thinking.

More importantly, though, is the truth - which is that he **DOES** have the strength to get out of bed; he just doesn't realize it.

We **DO** have the strength to be free - we just don't realize it. The chains around our wrists are just as much an illusion as the rest of our sick lust. We can snap them easily and move on to a free life. If only we realized that we could...

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Re: making the silent battle...not.
Posted by sci1977 - 28 Jan 2010 16:40

I think the more you write in your own thread the more you actually understand that you can get up and out of the bed. That you really have the ability to overcome anything.

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Re: making the silent battle...not.

Posted by Kollel Guy - 28 Jan 2010 16:45

Even more so when you read through your own old pages...

Don't you have a post about that somewhere sci?

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Re: making the silent battle...not.

Posted by silentbattle - 28 Jan 2010 16:54

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Re: making the silent battle...not.

Posted by shemirateinayim - 28 Jan 2010 17:26

The politically correct term is 'Developmentally Delayed'

Nice thought, you summed me up pretty well. this goes way beyond lazy, it's the burnt-in mindset of an addict.

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Yep, he does...

Re: making the silent battle...not.

Posted by sci1977 - 28 Jan 2010 18:33

Hey SB, I realized something else about your post today. If we have a good mindset or a routine we follow everyday it makes it easier. Sometimes your actual mindset is where you end up looking to slip or fall.

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Re: making the silent battle...not.

Posted by silentbattle - 28 Jan 2010 18:46

Sci - very true - that was part of what I realized.

SE - sorry, bro, but the term is "developmental disability." As in, OMRDD - Office of mental retardation and developmental disability.

Another thought, regarding the stories...I don't think that was even a slip, for me, but it was certainly an urge. But what seemed like a bad thing at the time, led me to delete the stories, and take steps forward.

So it should be with all things that seem bad at the time, for all of us.

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Re: making the silent battle...not.

Posted by sci1977 - 28 Jan 2010 23:50

Forward is always good.

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Re: making the silent battle...not.

Posted by imtrying25 - 29 Jan 2010 00:50

Hey Sb wat up?? How you be?? Sounds like your doing great. so happy. how was the celebration??

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Re: making the silent battle...not.

Posted by silentbattle - 29 Jan 2010 00:56

Just went out with a non-GYE friend (though one who knows my situation).

No one else wanted to do anything! :(You guys in Eretz Yisroel are so lucky that everyone has the guts to come out of the woodwork for a kumzitz!

B"H, things are going well. Job, being clean, learning (may have yet another chavrusa - woohoo! Less time, but more learning? *Worth* it!) - everything seems to be going pretty smoothly.

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Re: making the silent battle...not.
Posted by imtrying25 - 29 Jan 2010 00:58

Things sound great SB. im so happy for you. Really. And i posted elsewhere not sure you saw it. If i would be in the states i would most definitely have joined you for the celebration. Not :D :D

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Re: making the silent battle...not.
Posted by silentbattle - 29 Jan 2010 02:27

I saw your mazal tov post - thanks! It's nice knowing that you would have come if you were around!

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Re: making the silent battle...not.
Posted by imtrying25 - 29 Jan 2010 09:12

[silentbattle wrote on 29 Jan 2010 02:27:](#)

I saw your mazal tov post - thanks! It's nice knowing that you would have come if you were around!

And the next time it visit the oonited states we are gonna make up for it!! Deal??

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Absolutely.