

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 - 01 Feb 2010 13:06

Great to hear from you, Reb OL!

1) I return the favor by being your bodyguard (me and Haba),

2) you get paid in supplies - body armor, ammunition, all to help you fight the yetzer hora...

:D :D :D

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Re: making the silent battle...not.

Posted by OneLife - 01 Feb 2010 14:53

SB, you are the rock!!

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Re: making the silent battle...not.

Posted by shemirateinayim - 01 Feb 2010 17:03

I'll take-up the rear.... if I can??

You are there for me, aand I wana be here for you!

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Re: making the silent battle...not.

Posted by silentbattle - 01 Feb 2010 17:08

Taking up the rear? SE, you have point!

OL - Hashem tzuri v'go'ali...

Guys, please check out the 2nd to last post on page 21, about making a maintenance program, and share your thoughts!

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Re: making the silent battle...not.

Posted by shemirateinayim - 01 Feb 2010 17:56

I was sorta thinking like a military maneuver, in your milchemes hayetzer. I don't really know basketball much, aside from them calling "offsides" every time I do something good.

I figured out how to move your thread, go to the bottom of the page, and underneath the last post (on the bottom left) you'll have the option to 'move thread' (or something like that). And then select the wall of honor. hatzlacha

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Re: making the silent battle...not.

Posted by silentbattle - 01 Feb 2010 18:14

Um...I'm not sure, but that say REmove topic...not sure I want to play around with that! :D

Oh, and I was talking about military maneuvers, as well - you know, point man - the guy who leads the way?

[shemirateinayim wrote on 01 Feb 2010 17:56:](#)

I was sorta thinking like a military maneuver, in your milchemes hayetzer. I don't really know basketball much, aside from them calling "offsides" every time I do something good.

:D :D

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Re: making the silent battle...not.

Posted by sci1977 - 01 Feb 2010 19:27

So you think you need to follow a program? All things you wrote about you are accomplishing if you look at it. Maybe some outside help of GYE might be needed. I might suggest that I have tried to create a routine for myself especially at bedtime and wakeup.

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Re: making the silent battle...not.

Posted by imtrying25 - 01 Feb 2010 21:40

Although it is important to get a support system OFFLINE it can be with people you got to know online! There are many advantages to this. they are people who really understand you and really care for you!

Hatzlacha!

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Re: making the silent battle...not.
Posted by silentbattle - 01 Feb 2010 23:29

Absolutely, IT25 - I agree!

Sci - I think the idea is to have more of a concrete program, something that's more clearly defined.that way I can make sure I'm following it.

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Re: making the silent battle...not.
Posted by sci1977 - 02 Feb 2010 00:08

[silentbattle wrote on 01 Feb 2010 23:29:](#)

Absolutely, IT25 - I agree!

Sci - I think the idea is to have more of a concrete program, something that's more clearly defined.that way I can make sure I'm following it.

Gottcha, ya!!!!

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Re: making the silent battle...not.

Posted by sci1977 - 02 Feb 2010 01:03

Have you thought about doing SA meetings in person?

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Re: making the silent battle...not.

Posted by silentbattle - 02 Feb 2010 02:13

Thought about it, briefly - but at this point, I don't think I need it. I could be wrong, but the way I see it, is that if what I'm doing now works, I don't need to take any more drastic steps.

And so far, what I'm doing here works. So, I don't think I need more steps - I just need to figure out how to solidify what I've already gotten.

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Re: making the silent battle...not.

Posted by teenagehelp - 02 Feb 2010 02:28

i'm not sure whether you've done this or not, but i'd suggest thinking about what strategies you use now and see if your using them to their full potential. essentially, dig deep and see if your getting all that you can out of your strategies and yourself.

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Re: making the silent battle...not.

Posted by silentbattle - 02 Feb 2010 04:20

That is a good point, and you're right - especially as we try to move forward, and stabilize, it's important to constantly check my strategies, and making sure that I'm not getting lazy...

But the question is, as I move forward, so I'm probably going to stop seeing my therapist at some point. And just move on with life, happier and healthier. But I do need a program of some sort to make sure that I stay out of danger, and keep on the path...

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