

making the silent battle...not.

Posted by silentbattle - 04 Dec 2009 04:12

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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 - 09 Feb 2010 15:28

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[imtrying25 wrote on 09 Feb 2010 12:52:](#)

Cmon bro write a novel or something. I think we can actually use some good kosher novels.

If SB writes a novel, I think the cover of the book should be IT25 avatar.

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Re: making the silent battle...not.

Posted by silentbattle - 09 Feb 2010 15:32

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[Shlomo wrote on 09 Feb 2010 02:24:](#)

i'm surprised. after encouraging me so much with songwriting, its seems like you'd definitely be writing your own original stuff. i can only bring words of encouragement. ;D

I DO write songs. Not necessarily good, but I write ;D Thank you for the encouragement - you do that, and it's tremendously valuable - but I'd disagree on one point - that's not the only thing you can do. I always enjoy reading your wisdom.

Thank you, Halevi! hang out here, drop by every once in a while! I can always use some encouragement, advice, and wisdom!

[imtrying25 wrote on 09 Feb 2010 12:52:](#)

Cmon bro write a novel or something. I think we can actually use some good kosher novels.

I dunno...I'd probably start with short stories, and I don't really have the energy/patience to sit down and start writing these days...especially since when you start, things are pretty garbage-y. So certainly at first, reader response (at least, the honest ones) aren't going to be very positive. And certainly not as positive and enthusiastic as any of the responses I used to get from my stories. Plus, I honestly don't really even know where to start.

[sci1977 wrote on 09 Feb 2010 15:28:](#)

If SB writes a novel, I think the cover of the book should be IT25 avatar.

:D :D :D

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Re: making the silent battle...not.

Posted by silentbattle - 09 Feb 2010 15:41

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So, what's been happening with me...recently realized that my reading of blogs probably isn't a very good idea - both because most of the blogs i was reading were girls, plus some of them started to touch on topics which...well, don't bring me to a healthy place, let's leave it at that, hmm?

And, right on cue, God steps up! Went to a new shiur by that rabbi I mentioned, that I'm going to try to develop a connection with - he's really deep, it was a good shiur, i think I'm going to try to start going regularly. And, at the end, he suggested that everyone be mekabel something to bring all the lofty concepts we'd just learned, down to earth - and what did he suggest? That everyone should stop reading blogs!

God, you ROCK!!! ;D

Now I just have to make sure that I don't go back.

On the other side...I've been getting a bit friendly with a female coworker. Don't think anything bad would happen, but probably not a good situation. On the other hand, she's a valuable resource in a lot of ways.

But I'm going to be honest with myself - I don't like saying good-bye to people. I like being friends with people, and I want people to like me. This is one of my biggest risk factors, and right now, I'm facing a challenge that touches right on this issue.

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Re: making the silent battle...not.

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Posted by Dov - 09 Feb 2010 17:24

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Sticking my nose in a bit, hoping I'm not *too* out of place...

This stuff about relationships via phone, mail, email, blog and other virtuality, makes me wonder where our ability to form *healthy* personal relationships with other humans is gonna come from - and where will it be cultivated. For me, it's not like riding a bike - it needs constant, living, growth because **real** relationships are as much about me as they are about the other person. And *in person* it is just a tad harder to BS my way into a fake *persona*. Just a bit. And with a woman, it's so obvious that most men change their entire presentation...I see why you are concerned.

(...and the rant:)

And while I'm at it, I'll just mention that the "private" me (the one that acts out my addictive/compulsive/stupid behaviors that we all know I'd desperately hide from almost anyone) meeting up with the "public" me (the upstanding, frum, normal and decent me that goes to shul, dinner, school - even right after acting out) is a painful occurrence. We typically try with all our might to avoid it. I think this avoidance is at the root of most guy's hesitance at going to real meetings (the onse folks call "face-to-face").

It sucks, yeah, but the pain is just too great for most of us. Kind of like Captain Kirk or Dr Who from two seperate "time continuums" (continua?) actually meeting up! Ahhh!! ;D It nearly happended and ripped up the entire time continuum and killed us all! Phew! Luckily we dodged

G'luck buidling healthy relationships *that way*.  
Anyhow, when I got caught by my wife, and when many other guys have gotten caught by spouses, police, their children, or friends we all describe an unbearable pain: like actually wishing desperately to just bury ourselves. "*this just can't be happening!*" No where to run any more! Shockingly, soon - if they get into recovery - they always admit that the most important day of their life was the day they got caught. I know I do. And so does my wife...

I was slower than molasses to get into recovery, so I can't criticize *anyone* for running from their dirty truth, but: our shame must die a quiet death. The two personas (personae?) must be brought together and introduced to eachother.

And this always, necessarily, requires a third party (uh-oh) - someone who knows "one of us" needs to be introduced to "both of us" to make it **real** to ourselves.

Think about it. Maybe I'm wrong, but I believe this truth to be self-evident. Some folks call it "step Zero" (kind of like "ground zero"!)

Some people seem to *have* to run from the piper - at least for the time being. Others come forward to others, like the posters on this forum. It may be all they need to get free. But my heart tells me that for those who participate in this forum but are *still* not getting the freedom they feel they need, it's quite plain that a stronger medicine is needed. The honesty must be ratcheted up. Time for a *real* step Zero...

In my case, getting caught by the wife did nothing. I kept running from myself and telling myself "My lust compulsions will get manageable eventually (translation: "I can do better at hiding it"), and I'll just have to *get buried* with the embarrassing details." Luckily for me, my acting out eventually got so bad that I was made to see that it would eventually destroy me. Really.

Then I dropped the shame like a big rock (couldn't carry it any more anyhow) and came out of the closet big-time, in SA meetings.

There *are* other venues to safely "come out of the closet" with this dirty business...I encourage anyone to do it however they need to - and do it quick. **Be safe**, but *do* it...before it has to be done *for* you!

As the Navi said: Kir'u *levavchem* - ve'*al* bigdeichem! Tear your hearts (open), so that you will not need to tear your clothes!' (translation per Rav Noach Weinberg, zt"l)

With love and best wishes for hatzlocha,

Dov

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Re: making the silent battle...not.  
Posted by NOYA - 09 Feb 2010 20:26

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Hey SB, thanks for stopping by!

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Re: making the silent battle...not.  
Posted by imtrying25 - 09 Feb 2010 22:54

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Beautiful Rebbi beautiful!! :( :( :( :( :( :(

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Re: making the silent battle...not.  
Posted by sci1977 - 10 Feb 2010 01:11

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[imtrying25 wrote on 09 Feb 2010 22:54:](#)

Beautiful Rebbi beautiful!! :( :( :( :( :( :(

IT25 is right. You realized something and that is fantastic!!!

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Re: making the silent battle...not.  
Posted by silentbattle - 10 Feb 2010 15:55

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Absolutely, Dov - I know for myself, that even in specific details, it's important to open up. Take the issue I mentioned before, with my getting too close to a co-worker. Once I mentioned it here, that brought me to a new level of awareness. But not enough, I felt - so I told my friend, also (the one friend who knows everything that's been happening). And it was like a light switch, made me truly realize how much I don't want to go down that path...

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Re: making the silent battle...not.  
Posted by sci1977 - 11 Feb 2010 00:59

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keep on trucking!!!!

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Re: making the silent battle...not.

Posted by teenagehelp - 11 Feb 2010 01:32

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i can only echo what sci1977 said. your resilience and hard work is an great example to us all.

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Re: making the silent battle...not.

Posted by silentbattle - 11 Feb 2010 17:32

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Shlomo - thank you! It's the support of encouragement from all of you that has helped me reach where I am today (which is, clean so far!)

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Re: making the silent battle...not.

Posted by imtrying25 - 11 Feb 2010 17:35

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Re: making the silent battle...not.

Posted by silentbattle - 11 Feb 2010 18:03

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Sci - I am

Thanks...been having a difficult couple of days, feeling the temptation...you know, when you just have to grit your teeth, and move forward?



Yup, that's what I'm feeling right now...

But doing well, in general, I think.

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Re: making the silent battle...not.

Posted by imtrying25 - 11 Feb 2010 18:05

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What did your teeth do wrong that theyre getting all this grit??

Let go and let G-d.

Leave it up to him. He knows exactly how to take care of the yh.

Keep on rollin.

Luv ya bro.

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