

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.

=====

Re: making the silent battle...not.

Posted by silentbattle - 19 Feb 2010 01:14

Some people like to get a head start on being nervous! :D

=====

Re: making the silent battle...not.

Posted by imtrying25 - 19 Feb 2010 11:35

And then you have the guys who get nervous cuz they know that theyre gonna get nervous! Oy i hate those guys. Why cant they just live life!

=====

Re: making the silent battle...not.

Posted by sci1977 - 19 Feb 2010 15:33

KOT!! Good Shabbos!

=====

Re: making the silent battle...not.

Posted by silentbattle - 19 Feb 2010 15:40

IT25 - In all seriousness (and sadness), there really are people who think that it's good to be nervous and tense and over the top...

We all need to live life!

Have a great shabbos, everyone!

=====
=====

Re: making the silent battle...not.
Posted by Ineedhelp!! - 19 Feb 2010 15:46

Unfortunately SB, I think I happened to be one of these people you talk about. :-[:-[I get overly nervous at times. Thats probably why I get anxiety/panic attacks. I hope this is something that will go away with my addiction. One day I'd like to throw away those pills, but until then...
ATIVAN rocks!! Just kidding I rarely take it. ;D ;D

Have a great Shabbos!

-Yiddle

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 19 Feb 2010 16:17

You might get nervous, but I don't think you're happy about that...

=====
=====

Re: making the silent battle...not.

=====

=====

=====

=====

5 / 7

(actually, as sophomoric and even childish as it may be, the usage of the "g" word above seemed so funny that I laughed really out loud and for the first time in at least five days...and a very stressful 5 days they were, so thanks SB and company!)

=====

Re: making the silent battle...not.
Posted by trying123 - 22 Feb 2010 00:22

Congrats!!!!!!

P.s. In the name of the entire Oilam we thank you for all your encouragement and words of wisdom...

Believe me when I say that you've got a knack of saying just the right thing in just the right way...

=====

Re: making the silent battle...not.
Posted by silentbattle - 22 Feb 2010 01:18

Dov, I think trying123 gets the credit for that one - glad you enjoyed it, though, and glad we could be of help - you've been here for us so many times!

Trying123 - thank you! It's always nice to know that I'm appreciated!

Not sure what you're saying there, and doubly not sure how you got it even smaller at the end!

Sci - thanks for always being there, and for blazing the trail in front of me! No, no party yet...still open to ideas!?

And thank you to all of you for helping to give me chizuk, and inspire me - watching all of you fight and grow has helped me in ways you can't...well actually, you *can* imagine, because you've all been here! You've all felt the power of being part of this amazing tzibur!

=====

Re: making the silent battle...not.

Posted by silentbattle - 22 Feb 2010 16:11

Life is still busy, and confusing. But again, with good things.

Take a slow, deep breath, and relax.

Thank you hashem, thank you everyone who continues to be here for me!

=====