

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 sci1977 - 24 Feb 2010 00:39

I told you long ago you had one of the best threads on all of GYE!! I hope today's email proves that to you. I know now that you inspire a whole website, not just a few people. Great work and keep on trucking.

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Re: making the silent battle...not.

Posted by teenagehelp - 24 Feb 2010 02:23

i can only echo what's been said about the chizuk email and about you as a yid, SB. great work. very inspirational.

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Re: making the silent battle...not.

Posted by Steve - 24 Feb 2010 07:44

SB - WOWIE!!

Con-rats on your new milestone. Thanx for all the inspiration! The CEM says it all - in fact, that's about ALL it says - it was open season for SB Inspiration today!!

I'm hoping to join the crew of Duvid Chaim's new chartered sailing vessel, due out of port today, wed, at 12 noon EST. I hope to see you there....

Mazal tov, again!!

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Re: making the silent battle...not.

Posted by imtrying25 - 24 Feb 2010 11:43

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Re: making the silent battle...not.

Posted by sci1977 - 24 Feb 2010 15:17

Hey Silentbattle, how you doing today?

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Re: making the silent battle...not.

Posted by silentbattle - 24 Feb 2010 19:13

Wow - thanks everyone, for all your chizuk! I really appreciate it! Still looking for a way to share
Hey Sci thanks for the chizuk email. I didnt know you had taken over this job from Guard?!!
cake and drinks with all of you, open to suggestions - anything that you'd all feel comfortable
with...?

Sci - thanks for always being there for me. Don't know where I'd be without you.

IT25 - you've been with me since the beginning - can't thank you enough for that! The otter news is currently looking for sponsors. Apparently, otters aren't very into advertisements.

Halevi - thank you, it's always great to see you drop by!

SE, thanks for always reading my thread! I truly appreciate it!

Shlomo - You do far more than echo, my friend. It always lifts my spirits when you comment here - thank you!

Rage - thank you for stopping by! You've reminded me that I'm part of the revolution. I hope you remember that you're still the leader!

Kedusha - thank you for your guidance and inspiration, as always!

Steve - don't think I'm gonna make it, but maybe another time...thanks - and thank you for taking the time to wish me mazal tov, I know you're crazy-busy!

GUARD - thanks for the chizuk email!

Hashem - thank you for everything. Thank you for GYE, for my friends, my rebbe...and so much more. I may not always see your plan, but you've always been there for me.

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Re: making the silent battle...not.

Posted by silentbattle - 24 Feb 2010 20:05

Today has been a tough day for me - lots of stress, from various different sources.

But got a nice hug from hashem - while driving, saw a girl walking and tried to check her out - but the speed i was going at, and the speed she was walking at, kept her completely blocked by a lamp post the entire time!

Thank you, Hashem!

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Re: making the silent battle...not.
Posted by silentbattle - 24 Feb 2010 21:16

One more major thank you - which I left out on both my 90-day thanks...thank you to Habib, Trying, TheOne, and 7up - though you're no longer posting here, I hope that you read this - you were part of the few people that were here for me when I first began this journey. To you, as to the others who made GYE such a wonderful, welcoming place to be, I can't thank you enough - my success so far is in large part because of you.

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Re: making the silent battle...not.
Posted by imtrying25 - 24 Feb 2010 21:30

[silentbattle wrote on 24 Feb 2010 20:05:](#)

Today has been a tough day for me - lots of stress, from various different sources.

But got a nice hug from hashem - while driving, saw a girl walking and tried to check her out - but the speed i was going at, and the speed she was walking at, kept her completely blocked by a lamp post the entire time!

Thank you, Hashem!

Wow!!! Maybe copy this ti the "hugs" thread! It can sure use a reawakening!! Btw , anyone know what happened to lamed vavnik?? Havent heard from him in months?!? :-\ :-\

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Re: making the silent battle...not.
Posted by silentbattle - 24 Feb 2010 23:08

I think I will...I think 36 decided that it would be better for him if he wasn't part of the forum. I hope that it's been working for him!

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Re: making the silent battle...not.
Posted by imtrying25 - 24 Feb 2010 23:19

[silentbattle wrote on 24 Feb 2010 23:08:](#)

I think I will...I think 36 decided that it would be better for him if he wasn't part of the forum. I hope that it's been working for him!

really?? Why?? I checked out his most recent posts and didnt see anything of the sort. :-\ :-\

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Re: making the silent battle...not.
Posted by silentbattle - 25 Feb 2010 21:15

Been hungry today...but happy! Reminding myself that all my stress is coming from good things - and hashem is running everything perfectly.

Been a little stupid, nothing major, though. A cheap lesson.

I'm thinking, what will make me happy? I need to keep asking myself that question.

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Re: making the silent battle...not.

Posted by trying123 - 25 Feb 2010 22:27

[silentbattle wrote on 25 Feb 2010 21:15:](#)

I'm thinking, what will make me happy? I need to keep asking myself that question.

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Re: making the silent battle...not.

Posted by sci1977 - 26 Feb 2010 03:15

KUTGW!! I know you will figure out exactly what will make you happy. Look deep inside and you'll find it.

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