

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 trying123 - 09 Mar 2010 05:36

[silentbattle wrote on 09 Mar 2010 01:19:](#)

Tried - I think I'm going to keep calling you Trying anyway. And if female Trying is reading this thread, I'm sure she'll take no offense.

I just wish there were simple answers.

Ok Ok Ok, I'll make an exception for you....

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Re: making the silent battle...not.
Posted by silentbattle - 09 Mar 2010 18:02

I was glad this morning when I realized that in general, I don't think about coworkers in a lustful way...but i think that I do get on the lust train, I just manage to get off before it's gone to far. I'd rather not get on at all - in fact, why am I even at that station?!

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Re: making the silent battle...not.
Posted by Dov - 09 Mar 2010 18:18

[silentbattle wrote on 09 Mar 2010 01:19:](#)

My day - stressful, with occasional bursts of desire. Life carries on. I just wish there were simple answers.

Bursts, Schmursts.

How's that for simple?

Davening and getting busy are the main on-the-spot tools I know of, but slowly having our motivations change and simplfying our awareness of Hashem over time in recovery is the real key, in the end. And anyway - in the end - there will *still* be times of occasional bursts. Wer'e pickles.

And still, the answer to them will need to be "Burst Schmurst!" and do what Reb b teaches us: Keep On Trucking...we can outlast any burst (or schmurst, for that matter).

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Re: making the silent battle...not.
Posted by silentbattle - 10 Mar 2010 17:24

Sounds like a good plan!

Thanks, Dov!

A few thoughts...one on the Daily Dose of Dov - I think that working for a madreigah is bad...but all of the things we do, we're trying to grow - and we do end up on a higher madreigah. Being a better person, being on a higher madreigah - same thing. But if our goal is to be on a higher madreigah, we're in trouble, and probably soon going to be in more. Also, sometimes we need a certain "madreigah" (not sure if we're using it in the same way) - for example, being a person that actually decides what they're going to do in life, and not just going with the flow, and following the yetzer hora (or disease) - that's a madreigah that we need to get to.

Anywho.

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Re: making the silent battle...not.
Posted by silentbattle - 10 Mar 2010 17:30

Another thought thaty's been on my mind for a while - the daled-amos laser pointer.

It's been brought up as a joke, and mentioned in passing a few times.

And my reaction is - is it so far off? I think not.

OK, not about the laser pointer for a 4-amos boundary, but the idea of not looking outside of our daled amos...why do we look? We look because we're interested in what's out there. And that's never a good start...

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Re: making the silent battle...not.
Posted by Dov - 10 Mar 2010 18:17

Halocha - "every person is koneh his daled amos". That's it.

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Re: making the silent battle...not.
Posted by silentbattle - 10 Mar 2010 18:20

OK, now I'm *totally* confused!

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Re: making the silent battle...not.
Posted by silentbattle - 12 Mar 2010 18:47

Been a relatively quiet last few days...despite a bunch of stressful things happening in my life. Hashem is with me, I shall not fear. ;D

Continuing to work on myself, trying to have fewer second glances at women in the street. Just not something I need.

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Re: making the silent battle...not.
Posted by sci1977 - 12 Mar 2010 19:15

Knowing you are with G-d and he is with you is all you need. All the rest of life will come.

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Re: making the silent battle...not.
Posted by Tev - 12 Mar 2010 19:31

hey silent,

you do have a packed thread!

Have a great shabbos

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Re: making the silent battle...not.
Posted by silentbattle - 14 Mar 2010 01:27

yes - packed with wonderful people, including yourself!

Hi everyone - had a great shabbos, very relaxing. Stress levels...well, considering everything that's going on, in every area of my life, I'm not as stressed as I thought I'd be. Interesting.

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Re: making the silent battle...not.
Posted by sci1977 - 15 Mar 2010 02:53

Keep on trucking!! Have a great week.

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Re: making the silent battle...not.
Posted by 7yipol - 15 Mar 2010 09:04

Stopped by to check out the action.

Figured I'd leave some graffiti...

7Up WaS hERe!!!

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Re: making the silent battle...not.
Posted by silentbattle - 15 Mar 2010 15:02

Great - now there'll be gangs hanging out, and people selling tangy taffys from dark alleyways...
;D

Thanks everyone! I'm keeping busy, and that seems to be working. Certain areas in my life are leading me to be slightly triggered, but working on staying focused.

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