

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 7yipol - 28 Mar 2010 16:02

I really like that mashal Tried 123, as well as Briuts.

SB, your thread brings out the best in everyone!

Wishes for a geuladike chag everyone;

7up

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Re: making the silent battle...not.

Posted by trying123 - 28 Mar 2010 17:42

So this is the official "wishing good Yom Tov" thread....

OK... I'll jump in....

Have a great Yom Tov of Peace and Love...-All'oya

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Re: making the silent battle...not.
Posted by briut - 28 Mar 2010 22:54

SB: for all the times you've come to the rescue of someone on this site, thanks; may HKB'H come and rescue you from every narrow strait and bring you to a good`and expansive place.

A Zissen Pesach.

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Re: making the silent battle...not.
Posted by silentbattle - 29 Mar 2010 01:53

Amen - and the same to you, Briut!

In fact, may that blessing go out to everyone here!

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Re: making the silent battle...not.
Posted by sci1977 - 07 Apr 2010 12:59

KEEP ON TRUCKING!!

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Re: making the silent battle...not.

Posted by silentbattle - 07 Apr 2010 16:29

Thanks, Sci! Great to hear from you!

I was recently reading two rather different books, but they seemed to connect interestingly - One was Michtav M'elياهو, from R' Dessler, and the other was Addictive Thinking, by Dr. Twerski.

R' Dessler was discussing how, when we start to think about how difficult a nisayon is, the yetzer hora has already put one over us. once we start thinking about how difficult a test is, the more we focus on it, the harder it becomes, and the less we're able to beat it.

Dr. Twerski was discussing how many addicts develop morbid thoughts, and as they start to get clean, become anxious. They feel impending disaster, and have a feeling that the good things just can't last.

We have to remind ourselves that it just isn't true. We *can* be clean, we *can* have a good life, and we *can* be happy!

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Re: making the silent battle...not.

Posted by commando612 - 07 Apr 2010 16:36

Welcome back, SB ! We missed you during Chol Hamoed.

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Re: making the silent battle...not.

Posted by silentbattle - 08 Apr 2010 00:28

I've been busy recently, and will probably become more so as time goes on, but I'm going to try to stick around, even if I may not be as active as I was in the past...

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Re: making the silent battle...not.

Posted by silentbattle - 11 Apr 2010 05:09

B"H, life continues to go well. Sure, I get urges sometimes. But I do my best to stay aware that they're just that - urges. Not something I *need*. Rather, something I can smile indulgently at, like I would at a small child wanting to drink a cup of bleach, and say, "I really don't think that's such a good idea right now, OK?"

:D

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Re: making the silent battle...not.

Posted by Tev - 11 Apr 2010 13:46

[silentbattle wrote on 11 Apr 2010 05:09:](#)

Rather, something I can smile indulgently at, like I would at a small child wanting to drink a cup of bleach, and say, "I really don't think that's such a good idea right now, OK?"

Haha, I got a good laugh outa that line, Im not sure about you but a cup of bleach would probally do me less damage than P(*) or Mas#\$(b!@#(!!!!

Thanks for the laugh and Really happy to hear your doing well

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Re: making the silent battle...not.
Posted by Dov - 11 Apr 2010 15:44

[silentbattle wrote on 07 Apr 2010 16:29:](#)

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Music to my ears. **Music!!**

I'd like to just add the words "**with Help**" before each "**we**" in your sentence above. I know that's what you meant, but feel that it's nice to spell it out as often as possible.... ;D

Blah, blahdeblah-blah....

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Re: making the silent battle...not.
Posted by silentbattle - 11 Apr 2010 23:07

Thank you Dov!

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Re: making the silent battle...not.
Posted by silentbattle - 13 Apr 2010 22:57

Had a sudden extra-strong urge today. Some stress in my life probably contributed to it a bit, plus some other things going on.

With hashem's help, I was able to get up and walk away. I was able to say, "wow, that is a really strong urge!" But still see the urge as something that's a bit separate from me, and therefore, not something I have to respond to!

Thank you hashem, thank you GYE!

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Re: making the silent battle...not.
Posted by Dov - 14 Apr 2010 05:20

Thanks for sharing that, SB!

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