

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 Chazak Amenu - 14 Apr 2010 14:08

Go silentbattle! fighting the Gee,Ur... the what?...um ok...DovInIsrael? Keep strong Silentbattle!

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Re: making the silent battle...not.
Posted by silentbattle - 14 Apr 2010 14:25

Thank you!

I'm not sure - I think the urge can be a very strong natural urge, a desire, too...but it's still just that - an urge, a call from the outside, and not one I need to answer.

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Re: making the silent battle...not.
Posted by DovInIsrael - 14 Apr 2010 14:30

could just be a WRONG number too !

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Re: making the silent battle...not.
Posted by Sturggle - 14 Apr 2010 14:39

Eh, I think the "urge" knows whom it's calling,
we do live in a generation, though,
in which a ringing telephone
seems like one of the most important things out there.

You ever been in a room where people are talking,
enjoying themselves, when the phone rings?

For instance I can picture my parent living room.

We're schmoozing, having a good old time,
sitting and laying on the couches...
and the phone rings...

One of us invariably jumps up,
looks around, makes a running motion,
trips on a few things along the way,
so that the caller won't be missed, c"v!

We just finished the week of *gevurah*,
I thinking being in touch with not needing to answer
is a great place to be.

Thanks SB and KUTGW!

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Re: making the silent battle...not.
Posted by sci1977 - 16 Apr 2010 16:00

Hello SB!! Hope all is well in the world with you. Have a great Shabbos! SCI is back!!

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Re: making the silent battle...not.
Posted by silentbattle - 16 Apr 2010 16:09

Yay!!!

Great to hear from you, man!

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Re: making the silent battle...not.
Posted by trying123 - 16 Apr 2010 16:50

SB,

I gotta hand it to you... You seem to be able to do what I cannot...

Maybe one day...

I liked that phone post by Struggle... We sometimes let stuff just control us...

Do I own my cell phone... or does my cell phone own me...? :-\ :-\ :-\ :-\

I get this with clothing... If I am wearing something expensive it feels as though it is wearing

me... like I have to cater to it... make sure it doesn't get ruined... until I remember... "hey, this thing is supposed to be something I wear... not the opposite....

Lesson anyone?

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Re: making the silent battle...not.
Posted by silentbattle - 16 Apr 2010 16:52

Not sure what you mean that I can do but you can't (or at least, haven't yet)...

I like your example. I've never thought of that, and it's a good thing to keep in mind.

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Re: making the silent battle...not.
Posted by Steve - 16 Apr 2010 19:48

Yo, Sb -

have a GREAT SHABBOS, my friend.

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Re: making the silent battle...not.
Posted by nederman - 20 Apr 2010 04:24

[silentbattle wrote on 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!

That is cool ...

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Re: making the silent battle...not.
Posted by silentbattle - 20 Apr 2010 15:14

Thanks!

Not sure if I've mentioned this or not. It's the kinda thing I wanted to post about for a while, but I'm uncertain as to whether or not I actually got around to doing so.

A friend of mine works with developmentally disabled individuals, and the consumer (that's the current PC term for people with developmental disabilities) that he wakes up every morning has a very hard time getting up and out of bed. He says things like, "I'm just too tired to get up!" "If you understood how tired I was, you would let me sleep!" And perhaps the best of all, "When I'm tired, there's no choice - I just need to sleep more. There's no way to get out of bed while I'm still tired."

What's interesting is that we all understand how difficult it can be in the morning to get out of bed - and yet, we also understand the necessity of getting up anyway, and we all do so. This

consumer honestly feels that he lacks the ability to get up while he is still tired - for him, the fact that he is tired is followed logically by the idea that he *must* sleep.

What's less amusing is how we all have felt the same way about our urges. We feel like when we have the urges, we need to respond to them. So often, I read posts here, or, heck, I listen to my own thoughts, and I remember this story. I do not have mental retardation, nor do I have any other developmental disabilities. Yet, my warped thinking and inability to recognize what is an urge, and what is a need, can lower my analytical abilities considerably.

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Re: making the silent battle...not.
Posted by Tev - 20 Apr 2010 15:40

[silentbattle wrote on 20 Apr 2010 15:14:](#)

Yet, my warped thinking and inability to recognize what is an urge, and what is a need, can lower my analytical abilities considerably.

Thanks for sharing this tremendous lesson. Although we may not be considered "officially mentally disabled" we (some of us) have reached a level where the decisions that we make are illogical and incoherent. So we are disabled in this respect, we must realize that we do need assistance, and the decisions we make under stress or any other triggering factor, are unfortunately not the greatest to say the least. We must learn to realize as you said when we are feeling "just" an urge or a need. For example we may think we NEED an ice cream cone, and perhaps it may help us get through the day but there is a major difference between need and want (unnecessary desire).

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Re: making the silent battle...not.
Posted by trying123 - 20 Apr 2010 20:34

I hate being the kill joy guy...

But is it not possible that for a 'client' in a facility.... that if he is very tired he can not possibly get up on his own....

You can... does that mean that **he** can...?

My point?

I sometimes feel that people tell others (Ok... I mean tell me) what I can do.... but they are basing it on what **they** can do...

I guess it gets me frustrated...

Ok... sorry for venting my frustration like this

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Re: making the silent battle...not.
Posted by Dov - 20 Apr 2010 21:05

Maybe they just mean that everyone else's *odds* are much better than they imagined. Cuz if *he* could do it, it can't be as impossible as all that. But really, idunno.

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