

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 teenagehelp - 12 May 2010 01:30

your insights are a constant reminder of how great each of us can be. thanks for the update SB!

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Re: making the silent battle...not.

Posted by silentbattle - 12 May 2010 05:10

Had a random situation where i realized that 7 months ago, I would have used as a chance to do some wrong things...now, I just smiled and politely said, "no thank you."

Thank you Hashem!

Otherwise, though, I still have a long, long way to go.

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Re: making the silent battle...not.

Posted by Sturggle - 12 May 2010 08:04

B"H for helping out SB and helping him be a shining example for us!

SB, keep going!

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Re: making the silent battle...not.
Posted by silentbattle - 12 May 2010 13:04

Thank you - Sturrle, Shlomo, everyone else - I don't think I'd be where I am today without you.

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Re: making the silent battle...not.
Posted by sci1977 - 13 May 2010 00:02

wonderful to say, no thank you! KUTGW!

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Re: making the silent battle...not.
Posted by silentbattle - 13 May 2010 05:27

Was on the train tonight, and found myself noticing girls...thinking about flirting with them, starting conversation, or even just smiling. I had to remind myself that's not who I am anymore.

It felt kinda strange. Being in the same situation, and just ignoring the urge to do something...harder than avoiding the situation entirely.

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Re: making the silent battle...not.
Posted by Dov - 13 May 2010 10:12

Ignoring it doesn't work for me. I gotta replace it with something. I use praying for them, a

gratitude list, just plain talking with Him, or the adventure of finding another train car...the latter is by far the weakest choice, but can be illegal and hence, more fun!

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Re: making the silent battle...not.
Posted by silentbattle - 13 May 2010 15:50

Well, I always have an ipod...so I can listen to music. But I guess you're talking about an action specifically set to counter the urge.

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Re: making the silent battle...not.
Posted by Yosef Hatzadik - 13 May 2010 16:45

[silentbattle wrote on 13 May 2010 05:27:](#)

It felt kinda strange. Being in the same situation, and just ignoring the urge to do something...harder than avoiding the situation entirely.

You are reaching the ULTIMATE level of teshuvah! Being in the same situation with a different outcome!

We are sooo jealous of your level!! ;D

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Re: making the silent battle...not.
Posted by silentbattle - 14 May 2010 06:59

I wish I didn't feel the pull that way.

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Re: making the silent battle...not.
Posted by Dov - 14 May 2010 14:49

Pull, schmull.

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Re: making the silent battle...not.
Posted by commando612 - 14 May 2010 16:22

From my experience in situations like those, there's discomfort in recognizing that you're not in control of those feelings. I'm not talking about your reactions to those feelings - those you may be in control of. I'm talking about the initial feelings of the "pull". So dig a little bit and let the pop-psychologist in you figure out why that discomfort is there.

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Re: making the silent battle...not.
Posted by silentbattle - 16 May 2010 06:06

Thanks, Dov :D

Commando - good point. I guess I'd like to be past that point.

It was also a bit weird, kinda standing outside myself, seeing the feelings pull me, and actually beign able to respond the way i wanted. Not perfectly, but much better than I might've.

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Re: making the silent battle...not.

Posted by Sturggle - 16 May 2010 06:58

Hey SB,

that's still huge!

No one is expecting you to be 100% overnight or even a handful of overnights.

It's a journey and you're on it!

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