

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.

=====
=====

Re: making the silent battle...not.

Posted by silentbattle - 27 May 2010 22:57

Any of those things will work...but I think that some people are capable of thinking in learning, if you have enough topics that you can pick one up when needed and just involve your mind in it.

=====
=====

Re: making the silent battle...not.

Posted by trying123 - 28 May 2010 07:37

Yosef Hatzadik's approach is definitely more applicable in my case...

I guess that if learning is something you do easy/naturally and you like learning, I guess it would work...

I have negative associations to learning and is definitely not something that comes easily...

SB, your far-reaching goals never ceases to amaze me... I for one need to set more modest goals...

I believe that you have great potential.... I bless you to merit reaching them... I believe you can!!!

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 28 May 2010 17:02

Amen, thank you!

Trying123 - I think that for everyone, this is all about getting to know ourselves well, and working on growing, each on their own level. That's what's important, that's what's necessary. I'm doing it on my level, you're doing it on yours, and we're both growing!

As far as what to think about - again, that comes down to what works for you. One of the reasons I prefer thinking about torah is that, quite simply, it's more involving, and so it occupies my brain more, and stops me from looking around.

=====

Re: making the silent battle...not.
Posted by trying123 - 28 May 2010 19:24

Have a great Shabbos...

=====

Re: making the silent battle...not.
Posted by silentbattle - 28 May 2010 20:16

You, too!

I've been looking back and thinking, recently. Reading other people's threads, and recognizing those feelings, emotions, reactions, and thoughts...well, it made me reflect back to when I first started this journey.

I'd been involved in some terrible things, and I was relieved at the chance to stop. But you know

what - let's look further back. A couple of years ago, when I was still involved in extremely unhealthy relationships...I knew it was wrong. I didn't like it. I even tried to stop a few times, sometimes going so far as to delete an entire email account with all the contact information.

But it never lasted. Why not? One major reason is that I didn't have much else going on in my life. I didn't have a solid network of friends anymore (most already married, many moved away), my family isn't much of a support, and dating wasn't going well. So I needed something to give me happiness. I figured that the relationships were the answer - as much as I didn't want them, they were better than the alternative. I felt that deep down, I wouldn't be happy without them. Couldn't be happy. Without them, I'd be truly miserable. So I kept on going.

Looking back, I see that I was wrong. My unhealthy outlook, my unhealthy behavior, made me think that I needed that drug. And yes, it was "fun" - but living without it, being truly clean, is a far happier lifestyle. Had someone told me this a years ago, I might not have believed them, and so I can't really expect others to believe me. But for myself, I know this to be true, and I need to remind myself of it, in case I ever start to forget.

In regard to masturbation, it's almost amusing. I can still remember when my therapist recommended that I stop masturbating, and go for complete abstinence. I was very hesitant, to say the least - I felt that as it was, I'd made major changes in my life, and that trying to change that, too, might be a big mistake. Losing that outlet, I worried, might push me into relapsing into my really unhealthy *behaviors*. Nonetheless, my therapist recommended that I try it, especially since, he said, complete abstinence could bring various stress factors and emotions to the fore.

And I've discovered, now that I'm more than 6 months clean...that I can do it. It is possible. And I'm happier this way.

Thank you hashem, thank you GYE, thank you to my rebbe, thank you to my friend who's given me support through this, and thank you to each and everyone one of you who's helped me through this - those who are here now, those who were here and left, and those who are still here but can't respond.

Have a great shabbos, everyone!

=====
=====

Re: making the silent battle...not.

Posted by silentbattle - 31 May 2010 01:04

Ha...there's a part of me that's annoyed that I haven't gotten any responses...but the truth is that I needed to write it down, for me. If someone else gains from it, even better, and if other people encourage me and give me chizuk, that's an added plus.

But ultimately, I need to consider my own growth, whether or not other people are patting me on the back. Because there will be times when I won't have that, and I need to recognize that being clean feels wonderful anyway!

=====

=====

Re: making the silent battle...not.

Posted by Dov - 31 May 2010 01:14

Sometimes people read your stuff and do not respond because they are lazy and really have something mamash to say - and unfortunately that takes work. I hate work.... :'(

Sometimes they just admire or benefit from what you post and have nothing intelligent to say back and may feel like an idiot posting something like I am....or worse like: "Ditto."

=====

=====

Re: making the silent battle...not.

Posted by silentbattle - 31 May 2010 01:25

1) Anything you say is intelligent.

2) No matter what, it's always nice to have a comment or two, giving some chizuk. It helps me!

=====

=====

Re: making the silent battle...not.

Posted by 7yipol - 31 May 2010 09:44

Only got here now SB, or you *know* I would have said something. mom silent? No way!

You have every reason to feel proud of yourself. Not only for the hishtadlus, but for allowing Hashem in and moving out of His way so He could take over. In many ways, that is the hardest step.

Your progress over the past months is incredible, and not only regarding the addiction. You have grown in so many ways *thanks to the addiction* which has helped you focus on what needs strengthening and where your weak spots are.

By using the addiction to help you grow closer to HKBH, you have in essence *turned the aveiroh into a mitzva* , raising it to the highest level of teshuvah! Ashrecha!

Those who are still here and cant respond are cheering you as always.

=====

=====

Re: making the silent battle...not.

Posted by Dov - 31 May 2010 14:54

The soda person reminded me: SilentBattle! You are a true GYE old-timer. There are not too many left from your era on the forum, I think. Perhaps you are just putting one foot in front of the other and moving along, rather than looking at the fore and aft horizons all the time, as some folks do. Usually those fellas get restless and leave. Thanks for sticking around and being part of a small, crazy, and generally happy club.

=====

=====

Re: making the silent battle...not.

Posted by bardichev - 31 May 2010 15:02

CAN WE MAKE A REUNION

LIKE OLD TIMERS DAY

=====

Re: making the silent battle...not.

Posted by 7yipol - 31 May 2010 15:13

[bardichev wrote on 31 May 2010 15:02:](#)

CAN WE MAKE A REUNION

LIKE OLD TIMERS DAY

Depends if the emphasis is on the word "old" ???

=====

Re: making the silent battle...not.

Posted by an honest mouse - 31 May 2010 15:14

well, i feel all left out now coz im only a newbie... but when i read it i thought 'sb - that was beautiful!' but i felt silly to just post that.... it nearly made me cry though, it was so beautiful... keep posting the inspiration and keep on lorrying!

=====

====

Re: making the silent battle...not.

Posted by briut - 31 May 2010 16:05

[silentbattle wrote on 28 May 2010 20:16:](#)

I've been looking back and thinking, recently. Reading other people's threads, and recognizing those feelings, emotions, reactions, and thoughts...well, it made me reflect back to when I first started this journey.

You know, SB, as much as I find it helpful to write my own posts and to read others, there are many folk posting on the forum where I don't see much of an intelligent response on my part to post. That doesn't mean their postings don't affect me. Yet whether it's a "good job" reply or a "are you crazy" reply, the fact that I've read it and been affected by it doesn't seem post-worthy in most cases. So unless I have something to share, I tend not to do the "KUTGW" thing (keep up the good work, for newbies here).

Please don't translate that into a thought that I don't read, don't care, don't value you as part of the mishpucha, etc. The number of 'posts' on someone's individual thread seems to be about TEN TIMES that of the number of the owner's entries. We're still here, and here for you.

Back to work, oh-not-silent-one.

=====
=====