

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 silentbattle - 06 Jun 2010 15:33

Thank you, everyone...Amen!

By the way, there was Woodford by the vort. ;D

One point, which applies to everyone. The clear message here is that we may not always see an immediate response to our efforts. But hashem is watching, knows, and appreciates everything we're doing.

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Re: making the silent battle...not.

Posted by jamies - 06 Jun 2010 16:04

;D MAZELTOV!!!!!!

THATS THE BEST NEWS EVER... its obvious the the simplest person (me!) how HAKLADOSH BARUCH HU is truly so close to his beloved SB, the chsance at life youve been rewarded with and the chance to fulfill some of the greaest mitzvahs have come whilst youve strived and fought to become a pre, holy jew, BEZRAT HASHEM we (us unmarried opnes) will oneday fllow

in your footstep!!!!

MAZELTOV!!!!!!!!!!!!!!

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Re: making the silent battle...not.

Posted by an honest mouse - 06 Jun 2010 20:37

MAZAL TOV MAZAL TOV!! im so so happy for you sb! (and a little jealous coz) you get to start off marriage on the right foot, with a real awareness of what 'this drive' is really all about and, the way you clearly care about everyone here on the forum, your kallah is one very lucky girl!

may you be zoche to build a b'n'b filled with the light of the shechina, ahavo and torah!!

p.s how come your status has been 'married'?

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Re: making the silent battle...not.

Posted by oneday - 06 Jun 2010 22:56

Mazal Tov to you and your kallah! :D Rewards are there for the ones that help others!

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Re: making the silent battle...not.

Posted by Dov - 07 Jun 2010 01:52

Mazel Tov, SB. It is *beautiful* to see life actually 'happenning' for people who have difficulties, especially with this stuff. A brocha I'd like is to be satisfied with living *this* day. Plan like heck for

the 'tomorrows' in order to do what you can to make things go as smoothly as possible, but **live** only today.

Hatzlocha to you and your lucky kallah! ...dare you to use the GYE banner as the centerpieces at the wedding!!

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Re: making the silent battle...not.

Posted by NeverAgain - 07 Jun 2010 01:55

[dov wrote on 07 Jun 2010 01:52:](#)

Plan like heck for the 'tomorrows' in order to do what you can to make things go as smoothly as possible, but **live** only today.

Um, what?

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Re: making the silent battle...not.

Posted by briut - 07 Jun 2010 02:25

SB: Did your kallah have to read all 2665 of your posts before she knew enough to say 'yes?' Are you going to encourage her to? I keep saying to an engaged friend in a related context that "a good marriage can survive anything except a secret." Forgive my being really personal (not just online support group personal), but I'm wondering what info, and when, and why you chose to share.

Ignore the question if it's not shayach. (But as I said, I have an engaged friend right now, struggling over whether to disclose some similar 'stuff.' You can probably guess....)

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Re: making the silent battle...not.

Posted by silentbattle - 07 Jun 2010 05:39

I think that every person needs to know themselves, and their kallah. I spoke to my rebbe, and decided that considering the what I've been involved in, unburdening my secret would mean burdening her with it.

So, she has a very general idea of the fact that I've had some issues in the past, and that I've known girls in my past, somewhere. She hasn't pushed for details, and I haven't offered. If she did? I think I'd tell her, staying very vague.

Dov - sorry, not gonna take you up on that one. :-[

Nevermore - in other words (I think), we need to think about tomorrow because there's planing that needs to be done...but we need to live in today, insofar as the tests of today, and not worrying now about the tests of tomorrow.

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Re: making the silent battle...not.

Posted by 7yipol - 07 Jun 2010 09:40

MAZAL TOV!!!!!!

May you both be zoche to build a bayis neeman b'yisroel!

May Hashem shower you with His brachos and may you both always be zoche to see His chesed clearly every step of the way.

Not enough words to express my happiness,

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mom 7up

Re: making the silent battle...not.

Posted by commando612 - 07 Jun 2010 15:38

MAZAL TOV !!

That is such great news to hear !

I would have loved to come to the wedding, but for some reason many people get intimidated by

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Re: making the silent battle...not.

Posted by briut - 07 Jun 2010 16:34

Yeah, Commando, and all the other garb that goes along with going Commando.

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Re: making the silent battle...not.

Posted by Me3 - 07 Jun 2010 16:40

Mazal Tov SB!

You have been one of the most inspirational members here from the get go.
my rifle and fatigues.

You have a disadvantage over other people getting married in that the experience you have to draw on is of unhealthy relationships. You don't want your marriage to be anything at all like your past relationships.

An addict in recovery says nothing about your ability to have a home with shalom bayis (also SB). Can I suggest at the risk of sounding terribly redundant that you buy the Garden of Peace and study it.

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