

making the silent battle...not.

Posted by silentbattle - 04 Dec 2009 04:12

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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 sci1977 - 09 Jul 2010 15:06

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KUTGW!!

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Re: making the silent battle...not.

Posted by silentbattle - 13 Jul 2010 14:50

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Thank you - your inspiration always helps. I hope you'll continue to grow and inspire me, showing me that even if we fall, we can keep getting up.

In general, things are going well, but I need to learn to keep walls strong, even when I can see things as being innocent. And even a quick glance is destructive. I can never, never forget that.

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Re: making the silent battle...not.

Posted by BecomeHoly - 14 Jul 2010 08:45

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can I get your thoughts?

[www.guardyoureyes.org/forum/index.php?topic=2598.msg73942#msg73942](http://www.guardyoureyes.org/forum/index.php?topic=2598.msg73942#msg73942)

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Re: making the silent battle...not.

Posted by silentbattle - 15 Jul 2010 22:09

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Things in life get stressful...I need to remember that the more I focus n my kallah, the better off I am. That means not noticing, in *any* way, other women, as much as possible. Even in situations where it might be appropriate (i.e., conversation with a co-worker), if I don't need it, it's better if I don't. I'd rather risk being thought of as someone who stands apart, although I don't think that's an issue yet.

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Re: making the silent battle...not.

Posted by trying123 - 16 Jul 2010 03:45

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Keep it up SB...

We are planning a virtual Chasuna for you here on GYE....

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Re: making the silent battle...not.

Posted by silentbattle - 18 Jul 2010 14:38

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:D Thanks!

Funny - Over shabbos, I was reading a piece from R' Yeruchum that seems to fit, on a deeper level, with what I said in my last post - He talks about the chet ha'egel, and how Moshe trid to defend the jews by saying that with the situation that hashem put them in, it was pretty much out of their control. "He washed him, perfumed him, fed him, gave him drink, dressed him nicely, put a wallet full of money around his neck, and then sat him down at the doorstep of a brothel. What can the son do to prevent himself from sinning?"

But the key point is that all the things that happen beforehand are what led up to the impossible situation - even the things that would seem to have no connection, things that are totally muttar!

We have to remember that, too. Even things that might be totally muttar, we have to realize that soemtimes, they lead us to fall. We have to be aware of the things that start us down the wrong path, we have to think 5 steps ahead, 10 steps ahead, to things that everyone else would think we're crazy for connecting. But we have to figure out where the problems start. Because once the ball gets rolling, it can be too late.

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Re: making the silent battle...not.  
Posted by installed - 18 Jul 2010 14:44

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Hey SB,

Love reading your thread, always so positive. Great point there.

Gut voch and have an easy and meaningful fast!

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Re: making the silent battle...not.  
Posted by silentbattle - 19 Jul 2010 00:52

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You, too!

Have an easy fast, everyone!

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Re: making the silent battle...not.

Posted by Sturggle - 19 Jul 2010 05:57

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SB,

i find it very true that what we don't realize may lead us to a fall,  
there is always a lot going on that we are not so aware of,  
and we always need to be on the lookout for the beginning  
of the downward slope, even if we only notice it on the downhill,  
we may still be able to catch a rope, or remember the terrain,  
so we don't cross paths with it again, once we're back on our feet.

easy and meaningful fast.

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Re: making the silent battle...not.

Posted by aryeh tahor - 25 Jul 2010 17:03

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Hi SB,

But seriously, I would take it a step further and say that everyone has things that are actually assur for them personally and each person needs to figure out what those things are. They aren't in the halacha sefarim because they are diffierent for each person. I know there are things that should be assur for me, period. And I should treat them as assur just like trafe food.

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Re: making the silent battle...not.

Posted by silentbattle - 25 Jul 2010 20:27

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Reb Aryeh - very true. there are some things that we need to stay away from. The hard thing is figuring out what those things are, because like Sturggle said, it's the things we're not aware of that lead us down the path - and that can be 5 or 10 steps before we even noticed anything was wrong.

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Re: making the silent battle...not.

Posted by sci1977 - 02 Aug 2010 14:12

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Just remember it's in G-d's hands. Which I know you know. KUTGW!!

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Re: making the silent battle...not.

Posted by silentbattle - 04 Aug 2010 06:38

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I can't walk into a strip club, and then try to give over the battle to god. It might work, but I've already taken steps to ensure that I'm NOT giving the power over to Him. At thast point, giving over the power to Him is a lot more difficult.

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Re: making the silent battle...not.

Posted by sci1977 - 04 Aug 2010 20:22

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Strip club? G-d and yourself would not get you in those types of places anymore. Remember, you are not at home. Keep on trucking. I know that is the only way to be. G-d is there and will always be there in good times and in bad. Chin up and trust in G-d. Stress used to be my major trigger.

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