

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 - 24 Aug 2010 14:41

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KUTGW!!!!

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Re: making the silent battle...not.

Posted by silentbattle - 24 Aug 2010 17:12

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Thanks, Sci! Thanks for dropping by!

Working on being careful when I walk in the street. Realizing that there's lots of stuff that I just don't need to waste any time or energy noticing.

And being happy to be clean.

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Re: making the silent battle...not.

Posted by sci1977 - 24 Aug 2010 19:37

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Small post but in my mind an ACE!! That is so true.

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Re: making the silent battle...not.

Posted by silentbattle - 01 Sep 2010 20:15

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Sci Mentioned this on his thread recently, but I'm becoming aware that it's something that I need to focus on more. Being happy. Just that. Because no matter what's going on, no matter how out of control life may seem at time,s no matter how many reasons we may have to be down, the one choice we have is to be happy. It's important for our kids, our wives...but for ourselves, too. We need a happy place to be, and ultimately, we're the only ones who can provide a 24/7 happy home for ourselves. For myself.

So, no matter the reason, no matter the issue, being happy is always worthwhile.

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Re: making the silent battle...not.

Posted by sci1977 - 01 Sep 2010 21:18

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Happiness is bliss. Understanding G-d is amazing but happiness or true happiness is what makes me feel better. Thanks for thinking about that and writing it. Still one of the best thread on this whole website. You can work on everything, but your own journey is the most important. Keep on trucking my friend.

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Re: making the silent battle...not.

Posted by silentbattle - 06 Sep 2010 18:47

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Thanks, Sci! Coming from you, that always means a lot!

Just posting to say that B"H, things are good. Still working on being happy, although it isn't always easy.

Keep moving, keep growing, keep smiling.

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Re: making the silent battle...not.

Posted by silentbattle - 07 Sep 2010 22:21

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I've wanted to post this, but I've been busy/lazy. A recent PM from Yosef Hatzadik spurred me to action, though.

This *has* been a crazy year. I started out continuing my insane behaviors. Almost immediately, Hashem brought me help, and forced me to stop, or at least to pause. He also gave me a wonderful support group that included everyone here. And then, to top it all off, He helped me meet the right woman for me. I'm truly arriving at this rosh hashana in a *very* different place than the last one.

It kinda blows my mind, when I think about just how different everything is.

It also says something about just how much change we're capable of. We can make drastic changes, we can grow tremendously. And quicker than we believed possible.

All of us can. Me, you, everyone. And yes, you - you're reading this, thinking, "not me"? I mean you, too. It's scary to think about how much we can do, but it's there. Reaching for it isn't easy. Heck, I've seen it, I'm writing about it, and I don't know if I'll be able to do enough. But I know it's there. I've experienced it.

I really should make a list of everyone who's helped and given me chizuk. But honestly, I'd end up missing someone by accident. And truthfully, it's everyone here. Anyone who's ever been a part of GYE, even if they left before i got here, helped build this framework, and has *zchus* in all the people growing here.

Let's make Hashem king, people.

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Re: making the silent battle...not.

Posted by silentbattle - 19 Sep 2010 14:01

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Been doing some more thinking about being happy. I know that even when there are things to be happy about in life, I can still focus on the things that upset me, and i think that's the major problem, isn't it? There are always things that I *can* be happy about, but it's so easy to be distracted, and make myself unhappy. To convince myself that I have "valid" reasons for my frustration, my hurt.

I need to remind myself that the happy things are what i need to focus on. They're what's real.

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Re: making the silent battle...not.

Posted by Dov - 20 Sep 2010 02:45

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[silentbattle wrote on 19 Sep 2010 14:01:](#)

I need to remind myself that the happy things are what i need to focus on. They're what's real.

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But I get your point and it *is* appreciated. Thinking about being *happy* makes much more sense than getting vexed about not being happy enough, and you do seem to be focusing on doing what is good and right. So I'm definitely with you there! You seem to trust that doing that will, eventually, make you happy....and I agree.

But I like to remember that my happiness isn't *only* a state-of-being, which *is* something I can work on - it is also a mood. And moods can be fickle, weird, and often(*I believe*) uncontrollable. And I recently discovered that after a big loss, R"I, the feeling of sadness can come on quite unexpectedly. I need not trouble myself to uncover the trigger every time. Giving myself the space to feel sad once in a while is just part of being human, I guess. With time, it goes away, at least in my case.

Of course, if my general state-of-being/attitude **are** screwed up, then I will have those 'moods' much more often....and that'd be a problem.

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Re: making the silent battle...not.

Posted by silentbattle - 20 Sep 2010 05:24

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Exactly - there are certain situations in which it's normal to be sad - in fact, if we weren't, it would be problematic. However, there are many more situations in which we have every reason to be happy, but yet, I'm not. I can find reasons to be unhappy, and often, I do. And they might be "valid" reasons, things that frustrate or hurt me, ways in which my world is imperfect. But I still get to choose whether I'll allow those things to make me unhappy, or if I will be happy anyway.

And i agree - constantly thinking about whether or not I'm happy isn't necessarily a good thing. The problem is that right now, I tend to think a lot about how *unhappy* i am. Instead, I want to work, not on thinking about happiness, but on just being happy.

All the time? Maybe not, but certainly as a baseline state.

Does that make sense? What are your thoughts? Any advice?

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Re: making the silent battle...not.

Posted by sci1977 - 20 Sep 2010 20:42

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How I measure happiness is did my day go the way I wanted it? Am I alive? Are my wife and kids well? AM I still sober? That is happiness when you ask yourself easy questions to ask because it makes it easier to be happy when you answer them honestly. Look my business is terrible and am trying one last ditch effort to make it go before I have to find one. However, overall I am happy. Overall I am a much better person that I was. And most important I found G-d again. Everyday you pray or talk to G-d is a happy one. I am really trying to live. Live your life and you shall be happy. Don't get caught in the traps or pitfalls of life, live it.

Lastly, being upset is not a bad thing. It is a feeling we all get. Finding the way to overcome it is key. As always I know you silentbattle will find a way to overcome it. Think about where you have been and where you are now. I bet your happier now then you were then when you joined this website. Think about that. Go back and read your journey. Go back and see how much you have helped others. Read your posts to others. You will feel happy just off of that cause you changed and helped other look at their own lives and helped them change. You sure have helped me more then you know. Go read in good health and happiness SB.

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Re: making the silent battle...not.

Posted by frumfiend - 20 Sep 2010 21:20

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Ditto mr sci i also looked over the posts in my thread how much you helped me.

Thanks

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Re: making the silent battle...not.

Posted by silentbattle - 03 Oct 2010 15:39

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I've been getting this feeling inside me recently. Kinda thinking, well, I've been clean for a while now, I guess I have this thing beat. I can move on, don't have to worry about it anymore!"

And that's a big mistake, for many reasons. 1) It means I think I can't fall, so I let my guard down. 2) It means I think that I'm smart enough to avoid making stupid mistakes, no matter what situations I find myself in, no matter how stressful life might get; 3) It means I'm forgetting that

the danger isn't just from big mistakes. It's small mistakes too, like a second glance, or being selfish and insensitive.

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Re: making the silent battle...not.  
Posted by Sturggle - 03 Oct 2010 21:43

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thanks for the reminder

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