

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 Dov - 22 Oct 2010 20:51

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Have a nice hot chocolate with Saki, grasshoppa.

Yup, you are right about me. It's not that the recognition of the issur never healed me in the past but that I **developed** into the habitual needer and user of lust that I became *in tandem* with trying to stop because it was assur. It was a kos hatar'eilah for me, not a kos yeshu'os.

Nu.

So I admit that halocha is 100% spot-on when it comes to what is safe and I will always be able to use it as my guide to good sense, menchlichkeit and sanity. But I believe that for myself and many other people as well, thinking mainly of it as an issur brings up my defence mechanisms. And that is my disease. I am not smart enough to tease the crazy defense-mechanism thinking apart from the sensible cheshboinos.

So I try to keep my eye on *sanity* rather than *goodness*. It is not a shitta, just what works for me. (Though I have seen many others slosh around in and out of acting out because of shockingly silly 'issues' that stemmed from their resentments and fears of Halocha, 'fighting their YH', and 'issurim'. I guess in a way I throw the baby out with the bathwater....nu. They say there was a big gaon who learned during shalosh se'udos and answered people, "I wonder what gehinnom I will get for learning?". Same for me: I doubt I will get gehinnom for doing what helps me stay sober, useful to Hashem and his people.... :-\*

So, how's the Saki with cocoa?

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Re: making the silent battle...not.

Posted by silentbattle - 23 Oct 2010 18:49

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Saki with cocoa? ??? :o

I hear your point. For me, though, I think that it helps - not necessarily as the main reason why I shouldn't do it, but as a guide to what I shouldn't be doing. For example, I may not have thought that looking at a woman in short sleeves or uncovered hair is assur without halacha as a guide.

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Re: making the silent battle...not.

Posted by silentbattle - 06 Nov 2010 19:04

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I'm working on remembering that the focus isn't on what I want, and my own selfish desires. Not just sexually, but in all areas.

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Re: making the silent battle...not.

Posted by frumfiend - 07 Nov 2010 03:50

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Welcome back to ur own thread

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Re: making the silent battle...not.

Posted by aryehtahor - 07 Nov 2010 03:53

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Just saying hi, SB. Hope you're well...

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Re: making the silent battle...not.

Posted by silentbattle - 07 Nov 2010 04:53

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Thanks, guys! I'm trying...

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Re: making the silent battle...not.

Posted by bardichev - 07 Nov 2010 04:56

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Keep on Trucking (albeit silently)

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Re: making the silent battle...not.

Posted by silentbattle - 07 Nov 2010 05:03

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That's just it, I guess. I'm trying to get my truck engine tuned so it doesn't make quite so much noise, just moves along silently.

I don't think my battles will ever all be silent and smooth, but I'm trying to build myself into the kind of person who naturally moves away from stupid things.

That's an interesting thought. If things have been going relatively smoothly, what can I do in the meantime if I'm worried that 6 months down the line, or a year, or 5 years, I might be tempted? What can I do to stack the odds in my favor, as it were?

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Re: making the silent battle...not.

Posted by Eye.nonymous - 07 Nov 2010 17:43

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[silentbattle wrote on 22 Oct 2010 09:34:](#)

Reb Dov - what's wrong with saying "assur?" I'm also including the fact that "it leads me down a road of destruction."

Do you feel that since anyway, the assur part has never helped, it's better to leave it out entirely for now?

I think the point was that SAKANA is worse than ASSUR, even according to HALACHA.

(You probably noticed this)

Meat and milk is asur, it's butul b'shishim.

Meat and fish is a sakana, there's a machlokes if it's even butul b'elef.

L'chayim!

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 07 Nov 2010 18:16

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But, always great to have you drop by!

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Re: making the silent battle...not.  
Posted by Dov - 07 Nov 2010 23:32

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[bardichev wrote on 07 Nov 2010 04:56:](#)

Keep on Trucking (albeit silently)

Sorry, but this guy always makes me laugh my face off!! ILYb!!!

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Re: making the silent battle...not.  
Posted by Eye.nonymous - 08 Nov 2010 05:42

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[silentbattle wrote on 07 Nov 2010 18:16:](#)

But, always great to have you drop by!

Yeah, I know I was a bit behind, but it was just an excuse to drop by!

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Re: making the silent battle...not.

Posted by silentbattle - 08 Nov 2010 06:16

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It's great to have all of you! And yes - Bards, it's awesome to hear from you! You make me smile, and give me chizuk, at the same time!

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Re: making the silent battle...not.

Posted by silentbattle - 10 Nov 2010 05:45

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I've been thinking recently, about how lucky i am. Hashem made me wait until i was clean to get married, and it's only now, after dating for years, that I appreciate His kindness.

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