

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 frumfiend - 11 Nov 2010 14:08

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Maybe its the opposite. Hashem cleaned you out before you got married.

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Re: making the silent battle...not.

Posted by bardichev - 11 Nov 2010 15:21

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SB

Keep on trucking and join the party!

B

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Re: making the silent battle...not.

Posted by silentbattle - 11 Nov 2010 19:23

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[Frumfiend The star wrote on 11 Nov 2010 14:08:](#)

Maybe its the opposite. Hashem cleaned you out before you got married.

Sorry, but I'm not sure what you mean...?

Thanks, Bards! That's the plan!

Dov - very true.

Everyone - I've actually been considering doing something for my one-year mark, by the way, here in eretz yisroel. Let me know if you'd be interested in attending...

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Re: making the silent battle...not.

Posted by frumfiend - 11 Nov 2010 20:54

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Hashem didnt hold off your shidduch untill you were ready. He got you ready ontime for you to be able to get married clean.

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Re: making the silent battle...not.

Posted by an honest mouse - 11 Nov 2010 21:47

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[silentbattle wrote on 10 Nov 2010 05:45:](#)

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.

That's beautiful sb! kutgw!

[dov wrote on 11 Nov 2010 03:47:](#)

A sweet kavonoh for about 50 places in shacharis, mincha, and ma'ariv. Seriously.

can u drop us a few examples? (please)

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Re: making the silent battle...not.

Posted by Yosef Hatzadik - 11 Nov 2010 21:50

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[silentbattle wrote on 11 Nov 2010 19:23:](#)

Everyone - I've actually been considering doing something for my one-year mark, by the way, here in eretz yisroel. Let me know if you'd be interested in attending...

No fair! All the time that you were in NY I could only dream about meeting you. Now you're over there & you invite??

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Re: making the silent battle...not.

Posted by Eye.nonymous - 11 Nov 2010 21:54

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[silentbattle wrote on 11 Nov 2010 19:23:](#)

Everyone - I've actually been considering doing something for my one-year mark, by the way, here in erez yisroel. Let me know if you'd be interested in attending...

Yes, I'd be interested.

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Re: making the silent battle...not.

Posted by an honest mouse - 11 Nov 2010 22:02

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ok ok, ive had a great idea, since london is halfway between NY & EY (give or take), i say you all hop on a plane and we have a get-together over here. GYE will pay im sure... :-\

whadya say?!?

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Re: making the silent battle...not.

Posted by silentbattle - 12 Nov 2010 06:18

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;D I wouldn't mind - it would be an honor to have you attend!

Reb FFTS - Interesting. I'll have to think that one over.

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Reb Yosef - hey, you had my number!  
Re: making the silent battle...not.

Posted by Sturggle - 12 Nov 2010 13:39

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[silentbattle wrote on 11 Nov 2010 19:23:](#)

Everyone - I've actually been considering doing something for my one-year mark, by the way, here in eretz yisroel. Let me know if you'd be interested in attending...

Hey! I'd be interested. And I can think of some others who may not even be posting. Keep us (--I can't--) with the details!

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Re: making the silent battle...not.

Posted by Dov - 12 Nov 2010 15:27

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I'll be glad to have a good, stiff **drink** to celebrate it, right here in chutz la'aretz, if I have to....

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Re: making the silent battle...not.

Posted by silentbattle - 14 Nov 2010 05:11

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Thanks, Dov!

It'll probably be in about 2 weeks, give or take - I'll keep you guys posted when I figure out more!

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Re: making the silent battle...not.

Posted by silentbattle - 14 Nov 2010 06:07

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Just a suggestion, to a sweet yid who is obviously moving in the right direction but still hurting a bunch (like most of us here on this heilige network):

Maybe instead of throwing down anything like a 'gauntlet' to lust, consider getting more help than before, with the understanding that you will not get stronger.

I am not at all stronger than I was a year ago! But be"H I am safer than ever now, because I have more help now than I have ever had. And it has been years since I had to think things like, "was that considered a 'slip'?" How's that? Because I make more calls when I feel off-balance now, not fewer calls; I take far fewer risks just to satisfy the false god in me called 'Desperate Curiosity'; my filter works better - because I never test it; I have less shame about the truth about myself and my screwiness so I have fewer secrets; I have fewer stupid motivations inside me, so I have fewer resentments and fears. I am 'lighter' today, thank-G-d. I continue to "lose extra weight" as a result of working this recovery.

It takes time, and it never ends till we are dead....kind of like Life - because that's what it is!

I am not telling anyone 'the way it is' - just sharing how it works with me. I do not get stronger and have no interest whatsoever in 'getting stronger'. If you offered me the ability to withstand all the tayva in the world, I'd turn away in a second. I want a safety with G-d, not 'power'.

Otherwise, it begs the question, "Is my struggle a big cosmic accident?" He is not like a Superhero - running to 'save me' when I am in trouble - ridiculous! Rather, all my problems are only refuahs that look like makkahs - ways given to me to grow closer to Him, and only that. Again, just my opinion. Thanks

That's from Dov (in case anyone couldn't tell), from AA1977's thread (thanks for being the impetus for that post!). I'm just posting it here so i can find it more easily when I need to refer back to it.

"Brilliant" doesn't even begin to describe it. Thank you, Dov!

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Re: making the silent battle...not.

Posted by silentbattle - 15 Nov 2010 08:00

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Just a thought. As i approach being clean for a year, I've been thinking about what Dov says about not counting days. And even while i was in my first 90 days, I wasn't counting every day. It was a way for me to kinda keep track of my progress, to be aware of the distance between me and the disease. Not because that makes me safe, not because that makes it dissapear. But because distance allows us to see things more clearly.

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