

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 - 01 Dec 2010 15:51

We need to light up the world - and the only way to do that is by lighting up ourselves.

No, not by pouring oil on ourselves and lighting ourselves on fire. That would hurt.

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Re: making the silent battle...not.
Posted by Eye.nonymous - 01 Dec 2010 19:28

[silentbattle wrote on 01 Dec 2010 15:51:](#)

We need to light up the world - and the only way to do that is by lighting up ourselves.

No, not by pouring oil on ourselves and lighting ourselves on fire. That would hurt.

SAVE THE OIL FOR THE LATKES!

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Re: making the silent battle...not.
Posted by ZemirosShabbos - 01 Dec 2010 19:41

organic tofu latkes need oil?

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Re: making the silent battle...not.
Posted by Eye.nonymous - 01 Dec 2010 20:01

[ZemirosShabbos wrote on 01 Dec 2010 19:41:](#)

organic tofu latkes need oil?

Kol Sh'kain!

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Re: making the silent battle...not.
Posted by silentbattle - 01 Dec 2010 22:44

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Re: making the silent battle...not.
Posted by Dov - 02 Dec 2010 04:25

Tov hu.

Say it fast a few times.

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Re: making the silent battle...not.
Posted by Eye.nonymous - 02 Dec 2010 18:10

[dov wrote on 02 Dec 2010 04:25:](#)

:o

Tov hu.

Say it fast a few times.

MORE LIKE TO-HU.

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Re: making the silent battle...not.
Posted by ZemirosShabbos - 02 Dec 2010 18:17

no, hu's on first...

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Re: making the silent battle...not.
Posted by Eye.nonymous - 02 Dec 2010 18:21

I think Horten heard a HU.

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Re: making the silent battle...not.
Posted by silentbattle - 02 Dec 2010 19:47

Man, you guys are HUrrible.

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Re: making the silent battle...not.
Posted by Yosef Hatzadik - 02 Dec 2010 20:14

HUH?

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Re: making the silent battle...not.
Posted by silentbattle - 02 Dec 2010 20:30

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nice!

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Re: making the silent battle...not.
Posted by silentbattle - 03 Dec 2010 06:41

Today, during Modim, I thanked hashem for my wonderful wife. It's important for me to appreciate how much He's done for me, but also important for me to focus on how good my wife is. Sometimes, it can be easy to forget.

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Re: making the silent battle...not.
Posted by Dov - 05 Dec 2010 03:42

The relationship my wife and I have on any given day is a strong indicator of my recovery itself. It isn't *everything*, cuz I am powerless to change her and, in the end, I am powerless over her choices. But the way I feel with her and about her immediately shows me how comfortable I am with *myself*, how needy I am, how focused I am on the big stuff like being useful, doing Hashem's Will, stuff like that.

I mean, she's like - the most important person in my life, no? And she's *right here* - unless I run away by making myself too busy....and that shows a lot about where I am holding with facing *real life*.

Oh...lighten-up? ...OK,OK.

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