

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.

=====

Re: making the silent battle...not.

Posted by silentbattle - 06 Jan 2011 20:15

Although I don't think that emoticon conveyed the true sticking-out-tongue message I wanted to convey...

=====

Re: making the silent battle...not.

Posted by ZemirosShabbos - 06 Jan 2011 20:17

do you feel like..... throwing a dead possum?

=====

Re: making the silent battle...not.

Posted by silentbattle - 09 Jan 2011 06:24

???

Not particularly, no...Some of my best friends are possums. :D

On a more serious note...For a while I wondered what the connection was between working on areas of kedusha (i.e., our work here), and the weeks of shovavim. Then it hit me, and it seemed so obvious, I'm not even sure what my question was. Feel free to add your own thoughts, of course, but here are a few of my own. I'll add more over the next few days, hopefully.

The obvious point one: Mitzrayim was the absolute lack of ruchniyos, absolute disconnection, absolute tumah. And we were stuck, and falling fast, and these are the weeks when we got out of that pit.

The next few parshiyos talk about what happened afterward - only after we got out could we get the torah, and make ourselves a dwelling place for Hashem.

=====

Re: making the silent battle...not.

Posted by silentbattle - 10 Jan 2011 19:25

The process of being taken out of mitzrayim involved clear nissim. Any of us who've been clean for a while can say that we can feel hashem working his magic in our lives.

=====

Re: making the silent battle...not.

Posted by ZemirosShabbos - 10 Jan 2011 19:55

Beautiful SB!

thanks for sharing those ideas

=====

Re: making the silent battle...not.

Posted by silentbattle - 13 Jan 2011 06:26

I need to work more on trusting. It's so hard - in part because I grew up in a house without trust, and also because I have some trouble believing, on a deep level, that someone could truly love me wholeheartedly.

I need to work on letting and and accepting the love that my wife has for me. Seeing how much she cares about me.

=====

Re: making the silent battle...not.

Posted by NoYiush - 14 Jan 2011 01:18

[silentbattle wrote on 13 Jan 2011 06:26:](#)

I need to work more on trusting. It's so hard - in part because I grew up in a house without trust, and also because I have some trouble believing, on a deep level, that someone could truly love me wholeheartedly.

I need to work on letting and and accepting the love that my wife has for me. Seeing how much she cares about me.

Hi, I'm new around here, single, 28, I can really relate to your story. I share the same fears, a very deepseated loneliness because I'm not married yet. Reading your story gives me a lot of chizuk. I think it's pretty cool that your teshuvah is causing/helping others to do teshuvah. Thanks for posting. I hope my story continues like yours, i.e. getting engaged.

=====

Re: making the silent battle...not.

Posted by Eye.nonymous - 14 Jan 2011 08:58

[silentbattle wrote on 13 Jan 2011 06:26:](#)

I need to work more on trusting. It's so hard - in part because I grew up in a house without trust, and also because I have some trouble believing, on a deep level, that someone could truly love me wholeheartedly.

For me, I think I am recently finding out that I have been undermining my own ability to trust myself, ironically, by trying to rely on myself. Trying to make decisions that I'm not qualified to make instead of referring them to the appropriate Rabbi or doctor. Trying to do things that I'm not qualified to do, instead of admitting my limits and handing off the work to someone else. The more I would try to do, the messier things would just get.

--Eye.

=====

Re: making the silent battle...not.

Posted by silentbattle - 14 Jan 2011 10:18

Eye - I definitely have that issue. Without being able to trust, it's hard to relax and let go, and let someone else handle stuff.

NoYiush - I was helped by a lot of other people here, and continue to be inspired by everyone here - including you - that comes here to grow.

I hope you get engaged as a result of your getting clean, too! However, to me, the lesson I learned a slightly different. I learned that whether or not we see it, Hashem is always noticing

ewhat we're doing, and seeing our growth, and he's very, very, proud of us. And the things we do, the changes we make, really do make a difference. And He cares, and he's always with us.

I would also say that it's very difficult to get engaged and married without working on this issue, for several reasons. Aside from the central issue itself, it also puts us into a frame of mind that's very unhealthy, looking for the wrong things - which confuses us doubly, since we're usually aware on some of the real things that we need. It also gives us a huge secret in our lives, and when you're trying to protect a big, ugly, dirty secret, it's difficult (impossible?) to open up ourselves to someone else, and also to see someone else as being a good person.

That's just a little bit of why getting clean before we date is so important. Otherwise, it tends to be a waste of time, money, effort, and emotions - on both sides (and that's not really fair to the girls, either).

I would recommend taking a dating break while you get some distance from this issue. It worked wonders for me, and allowed me to grow in the best way possible.

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 17 Jan 2011 06:39

Man...sometimes, I feel so silly! I can realize that my neediness and fears are taking over, and coloring my perspective, but that doesn't always help me get out of my negative mindset.

Any advice, or thoughts to share?

=====
=====

Re: making the silent battle...not.
Posted by an honest mouse - 17 Jan 2011 13:59

a short term remedy that often helps me, is to take a deep breath, imagine myself letting go of whatever is pulling me down and then doing a random selfless act of kindness for my wifem like

getting her a drink.

=====
=====

Re: making the silent battle...not.

Posted by ToAdd - 17 Jan 2011 14:06

All I can say is that you're not alone out there.

A lot of the things you say seem to echo my thoughts at one time or another.

(I guess most of us have similar things that got us here).

Have you read Gateway to happiness? It really helped me.

About half a year ago, I found I was pretty down and it was because my iron levels were low. Your body needs iron to transport oxygen to all your organs and things really go downhill if there is a shortage.

After a few multi-vitamins, I was feeling like a new person.

Try talking your problems through with yourself out loud or write them down - that helps the mind grasp what issues are real and what things are just getting us down for no real reason.

Don't be afraid to lay your problems on us, no matter how silly they are. Sometimes just asking someone else for advice helps us find the answer.

Most of the time our fears are only in our mind and we just need to ask "How does this serve me?".

Sit down, breathe, it tells your instincts that everything's okay and there's nothing to fear or flee.

=====
=====

Re: making the silent battle...not.

Posted by Eye.nonymous - 17 Jan 2011 20:22

[silentbattle wrote on 17 Jan 2011 06:39:](#)

Man...sometimes, I feel so silly! I can realize that my neediness and fears are taking over, and coloring my perspective, but that doesn't always help me get out of my negative mindset.

Any advice, or thoughts to share?

Lately I have really come to appreciate the power of sharing our feelings with someone from the chevra.

This morning something was running through my head, which I knew was probably going to eat me up all day long. I spoke to someone from the chevra, cleared my mind of it, and got on with my day.

So, realizing something is wrong in our head is really great. Then the next step is to call up someone and clear our head of it. I'm pretty new at this, but it's been really amazing.

--Eye.

=====
=====

Re: making the silent battle...not.

Posted by silentbattle - 20 Jan 2011 13:42

I'm seriously considering doing this...but whether I do it via the forum, or by phone, I feel strange talking about, say, conflict between me and my wife, even if it largely stems from my own

issues (although in the heat of the moment, I rarely realize that).

=====

=====