

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 Eye.nonymous - 12 Mar 2011 17:47

[silentbattle wrote on 27 Feb 2011 12:57:](#)

...so while we can be in touch over the phone, it's not the same anymore.

I have to consider what I should do at this point. Maybe one of the phone calls...?

You'd be surprised...

There's probably someone from GYE in a neighborhood near you.

--Eye.

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Re: making the silent battle...not.

Posted by pinokio - 12 Mar 2011 20:11

sb, now im here too.

didnt see your thread high up for too long

now, just go out the side door to the alley

go over two houses to the right

open the back gate

watch out for the deadly rabbies infected dogs...

now, knock on the door

he may be a gye too

must go back and reread prvious sedra of your thread....

please stay strong

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Re: making the silent battle...not.

Posted by silentbattle - 13 Mar 2011 02:41

Thanks!

Yeah, I tried that - I just got a funny look, and then he slammed the door in my face. Then I heard him saying to his wife something like, "just another guy getting drunk before purim!"

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Re: making the silent battle...not.

Posted by an honest mouse - 14 Mar 2011 13:39

[silentbattle wrote on 27 Feb 2011 12:57:](#)

I have my rebbe, who I'm very close with, and has helped me with this issue. My friend, who was part of my support system, has moved away, so while we can be in touch over the phone, it's not the same anymore.

I have to consider what I should do at this point. Maybe one of the phone calls...?

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Re: making the silent battle...not.

Posted by silentbattle - 14 Mar 2011 13:52

Tempting... ;D ;D

I've been wasting time these last few days, pushing off taking care of things. I need to work on focusing on the priorities.

Priorities means spending more time talking with my wife, taking positive steps towards figuring out my future in the job field, preparing for various situations that life is bringing.

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~~just~~ come live in london....

Re: making the silent battle...not.

Posted by pinokio - 14 Mar 2011 13:54

structure

goals

planning

zeal

the acronym of these things is actually "poltregeist"

my whole join up with GYE in the first place was when i lost my schedule and structure (and mind)

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 16 Mar 2011 21:15

hi!

what's doing in SilentBattleLand?

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Re: making the silent battle...not.

Posted by silentbattle - 16 Mar 2011 22:03

Tzaddik90 - you're right. I just need to get better at implementing.

ZS - boruch hashem, working on things. We have to see how things develop. I have to learn about letting go and letting things develop.

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Re: making the silent battle...not.

Posted by silentbattle - 20 Mar 2011 11:59

One of the main messages of purim, the reason for all the simcha - Hashem is always there for us, he's always taking care of us, even when when it's hard to see and we don't feel it.

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Re: making the silent battle...not.

Posted by silentbattle - 24 Mar 2011 11:48

I've been turning inward this past week, starting to get paralyzed. Never a good thing. I need to move forward, make decisions, act.

Oh, and be positive.

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Re: making the silent battle...not.

Posted by pinokio - 24 Mar 2011 14:22

Laziness/ slowness of action comes from depression/worry-Ari'zal

also in sharei kdusha

simcha gives powerful energy

R twerski teaches that when we are undecided, just reach out and pick one, you can adjust later if u want, but we must always keep consistent with our constant energy and mind

we also often think that once we make a decision, we cannot back out-it is falsehood

we can try a new job,
try a new job and get a card to the JCC
or become a professional piano player
or go back to kollel and become a ganenet

ain safek motzee miday vaday, so for security we like to freeze

but our minds catch up to us and get impatient

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Re: making the silent battle...not.
Posted by ToAdd - 25 Mar 2011 07:27

Hey SB

The last few times I've looked at your thread, I've noticed that we've been going through similar things at the same time. Maybe we have the same birthday or something?

Thanks for your post TZ90, that helps me in some way, although my rabbi said I should not give up my day job.

SB, I read yesterday: To get started, just tell yourself "I'm going to do this for two minutes" By making it a small task, it's easier to get started and that should get the momentum going.

Also, focus on the rewards of getting it done.

Have a Good Shabbos

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Re: making the silent battle...not.

Posted by silentbattle - 27 Mar 2011 13:20

Wait - maybe we're the same person! THAT would be weird, right? Multiple personalities, and at least 2 of them are Lust addicts?!

Thanks, though - that is good advice.

Tzadik90, your advice is excellent, too, and I may use it. The problem is that changing decisions can cost money and time - sometimes, a lot of it. Whether it's a decision about where to live (moving costs can run thousands), which job to pursue (school can cost tens of thousands, and several years), or which school to go to (different programs can take twice as long, and some will prepare you better than others).

So although sometimes we need to make that leap anyway, that's part of why it's so scary.

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Re: making the silent battle...not.

Posted by pinokio - 27 Mar 2011 18:13

russian roulette,

it solves everything.....

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