

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 silentbattle - 14 Jun 2011 00:16

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Hm - I'm going to check it out right now - thank you!

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Re: making the silent battle...not.

Posted by silentbattle - 27 Jun 2011 11:19

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Thank you, Eye, for dropping by in my old thread!

My apologies to my friends here. And to myself, too, I guess. I should be spending more time here.

Eye -  
I should daven better, focus on giving things over to hashem, but I'm honestly not sure what that means here. I'm open to hearing input...

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Re: making the silent battle...not.

Posted by Yosef Hatzadik - 28 Jun 2011 20:57

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[Eye.nonymous wrote on 13 Jun 2011 13:09:](#)

[silentbattle wrote on 12 Jun 2011 18:04:](#)

I'm working to make sure that in the area of Lust, at least, I stay focused.

I hope this doesn't mean you are staying focused on lust!

--Eye.

[silentbattle wrote on 14 Jun 2011 00:16:](#)

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Re: making the silent battle...not.

Posted by silentbattle - 11 Jul 2011 12:58

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I haven't been posting much. I've been feeling overwhelmed by a lot of things. I still worry about what the future will bring. I worry about the things I can do something about, because I need to make sure that my decisions are the right ones. And not only because I'm worried about whether I'll be able to support my family with the job I choose, but also whether or not I'll be happy. And this isn't made any easier with the fact that with my life experiences, I pretty much have to constantly fight the assumption that I won't be happy.

I panic about the things I can't do anything about.

Both of these are problematic, obviously.

Sigh.

One thing I realized...part of the consequences of the things I've doen in the past is that I have a bunch of women floating around in my head. My mind can conjure up a hundred "what-ifs." But that's a consequence, a punishment, as it were. It's the damage caused by my own messed-up actions in the past, and I guess part of fixing myself up is learning to ignore them.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 11 Jul 2011 16:10

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Just and observation: It sounds like you're relying out outside circumstances to "make you" happy.

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 11 Jul 2011 20:45

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Why? I do feel that taking certain jobs may have the capacity (more than others) to make me feel drained, frustrated an burned out. I also think that not having enough money to make ends meet can make it very difficult to be happy.

It's not that outside circumstances will make me happy, but that they can interfere with my happiness.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 12 Jul 2011 05:10

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[silentbattle wrote on 11 Jul 2011 20:45:](#)

It's not that outside circumstances will make me happy, but that they can interfere with my happiness.

...so they can't make you happy, but they can make you unhappy?

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 12 Jul 2011 12:43

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The idea that outside circumstances can interfere with our happiness isn't so strange. The hoodlum with a gun is unlikely to ever make me happy, but if he comes over and pistol-whips me, it's likely to make my day less sunny.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 14 Jul 2011 20:42

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I am learning, little by little, that it is not the stuff of life that can make me happy or sad. I don't have to react to life in the exact same way I have reacted every day for as long as I can remember.

I am learning that I am actually free to choose my response. No matter what happens.

Sometimes I get thrown way off balance and it takes me a while to gain my footing again. But, I don't often get over my problems from yesterday because of my success today. No, if yesterday's problem remains unresolved, I won't get over it because something else has gone right. I might forget about it for a short while, but I won't get over it.

So, I get over my problems from yesterday, instead, by trying to take another look at them. By trying to see them in a different perspective. I can't necessarily see things as dark one second, and light the next. But, at least I can cast a slightly lighter shade of grey over it, and then another, and then another.

Little by little, I come to terms with what happened, and with what is happening. As each day goes by, there is slightly less reason to be disappointed and unhappy.

And, as time goes by, this process happens quicker. Things that were once insurmountable are somewhat smaller, and the small stuff that would have bothered me yesterday, today goes

undetected.

Then, there are setbacks and slips. But, overall, things get brighter.

And, as the light increases, I can start to find pleasure in places where I never would have looked before.

My wife and I have been having lots of trouble putting our 2-year old to sleep. Had this been a couple of years ago, I would have let the kid cry himself to sleep with a completely clear conscience and think it was the right thing to do. If it took more than five minutes, I would be fuming for having lost so much of my precious time. I don't feel I can do that now. I sit with him, I rock him. Lately I've been playing a little music on a recorder to help him go to sleep (I am slightly musically inclined). It takes time, but I savor the moment now. I think he's a lucky little boy, and that feels really good.

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 15 Jul 2011 09:16

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Slightly musically inclined, my foot. You're good! :D

I hear your point...yet, I think there are some situations in life where the frustration does not come with an opportunity, and it is just that - frustration. We can learn to deal with it better, but certain situations, if we're in them long-term, are not going to be conducive to our happiness.

No?

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Re: making the silent battle...not.

Posted by Eye.nonymous - 16 Jul 2011 20:24

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[silentbattle wrote on 15 Jul 2011 09:16:](#)

Slightly musically inclined, my foot. You're good! :D

Thanks. :-[

I hear your point...yet, I think there are some situations in life where the frustration does not come with an opportunity, and it is just that - frustration.

It's not necessarily that when we face a frustrating situation, we have to try to find something good hidden within it.

It's something more fundamental than that. It's a question of--how am I approaching this situation? Am I trying to control the outcome? Am I focused on my own needs, goals, desires? Am I absorbed in my own fears and resentments?

Or, can I put my ego aside. Can I focus on MY ROLE in this situation. What can I contribute? How can I be helpful? Or, what thoughts, beliefs, and attitudes am I holding onto that, if I would only let go of them, I would have peace of mind.



Am I thinking:

He shouldn't do THAT. They should have said... I shouldn't have to... I can't believe what they did to me... She should... They shouldn't... I need... I wanted... I thought... I was supposed to be doing...

You can probably imagine someone that you know who, under the same circumstances, would not be frustrated by it. What's the difference? It's only a matter of perspective, a matter of focus.

And, we don't have to turn around 180 degrees (I love when people try to be really dramatic and say 360!) in order to feel an improvement (besides, a total change all of a sudden isn't very likely). But, we can change a little bit right away. Then a little more, etc.

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 15 Aug 2011 16:20

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I've been slipping recently. Slipping in a sobriety sense, but more fundamentally, slipping in...everything, I guess. The trouble with sobriety is only a symptom, I know. I feel myself falling apart, afraid, despairing.

Perhaps one of my biggest issues is my fear of life. My experiences have taught me that life rarely, if ever, turns out well. I assume there will be failure, disappointment, sadness, and pain.

And all too often, I'm right, though this is likely a self-fulfilling prophecy. Everything seems to difficult, nothing works out. So why even try?

I'm not sure how to break this cycle right now...

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Re: making the silent battle...not.  
Posted by bardichev - 15 Aug 2011 16:32

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STOP SLIPPING!!!!!!!!!!

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Re: making the silent battle...not.  
Posted by bardichev - 15 Aug 2011 16:46

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i got tons of fan mail to explain my dry post to my good comrade silent battle

here goes

we all have taaivos wee all have our weaknesse

we all are very vulnerable

there are 2 ways to STOP

either we just eat enuff junk food till our teeth hurt our stomachs bottom our ears blow up like  
culiflowers

and we NEEEEEEEEEEEEEEEEEEEEED to stop

or we just stop

bottom line they are they same

all old timers and new timeres know

ESS HANEFESH LO TIMALEY

the eye is never satisfied

so what are u gonna do/

where is the bottom

and then there is a new bottom

and a newer deeper bottom

just stop!!!!!!!!!!!!!!!!!!!!!!!!!!!!







zemmy is it good enufffffff?

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