

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 Gevura Shebyesod - 23 Aug 2011 21:04

Zemmy that's awesome. Did you write that? (I googled the first line and the only result that came up is this very thread)

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 23 Aug 2011 21:06

it's from Silentbattle!

here:

www.guardyoureyes.org/forum/index.php?topic=1315.msg58230#msg58230

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Re: making the silent battle...not.

Posted by Gevura Shebyesod - 23 Aug 2011 21:17

SB That's so beautiful. Is there a tune for it? Got more?

Gevura!

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Re: making the silent battle...not.

Posted by imtrying25 - 23 Aug 2011 21:46

Hey tough guy. Wanted to say hi. Your a good friend and a real inspiration. That is to say that I have any inspiration. :-\

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Re: making the silent battle...not.

Posted by silentbattle - 23 Aug 2011 22:20

To me, though, that song is about when we've already grown, but still hang onto some bad habits...whereas this is an issue that I still need to work on.

I should add that right now, I'm not really all the down - but I know that the issues will come up again, and I'm trying to prepare and work things out a bit better beforehand.

IT25 - wow! Always great to hear from you, my man! Let me know if you're ever back stateside, I'd love to invite you to another siyum! And you helped me get to where I am, you are inspiration personified!

Back on Track - interesting - when someone is powerless, how do they stop from feeling hopeless, when things look like they're bad and only going to get worse?

ZS - thanks! the words do sound vaguely familiar, somehow.

Gevura ShebYesod - you can PM me your email address if you like, I'll see if I can find a recording of it somewhere. If not, I'll try to make a new one when I have some time.

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Re: making the silent battle...not.
Posted by imtrying25 - 23 Aug 2011 23:23

I most definitely will!! Can you message me with your email address so we can be in touch more often

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Re: making the silent battle...not.
Posted by Dov - 30 Aug 2011 21:46

When I surround myself with people who are completely hopeless, and yet sober for months, years, and even decades, your question to Back On Track is meaningless to me. The reason I am sober today (and I mean *today*) is only because my acting out convinced me that I am a hopeless drunk. That I am ***innately*** a loser when it comes to lusting successfully, when it comes to staying *clean* from lust, when it comes to being the director of my life, and especially when it comes to successfully directing other peoples' lives.

In other words, I have some giving up to do, so that I can allow Hashem to do His thing.

This is as simple and clear as the nose on my own face. It will make no sense at all to a non-addict. I know that because it makes no sense at all to my wife - she tells me so. But she also tells me that her life with me has been more and more wonderful since about a year or so after I started being sober and working the steps. And it has been a great bunch of years since then, with some bumps. Nu. A great trip that I do not deserve at all. Zero.

What's not poshut to you peisano?

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Re: making the silent battle...not.
Posted by trying123 - 30 Aug 2011 23:18

[silentbattle wrote on 23 Aug 2011 19:38:](#)

When all I can see is unhappiness, and i don't see any way out of it, or anything I can do to make things better, there are times when I daven to hashem to just take me out of this world, because I don't know what to do anymore. I feel like I'm stuck in a dead-end situation, with no way of improving things. So it makes it kinda hard to focus on the brocha in my life.

I feel your pain. May Hashem start turning things around for you....

I have often felt that circumstances were totally hopeless totally but when I just hang in there and make it till tomorrow as best I can and then another day and then another... sooner or later something changes, a new opportunity arrives, or something unexpected shifts and there is hope..

Hang in there you never know what the tide will bring in...

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Re: making the silent battle...not.

Posted by silentbattle - 31 Aug 2011 10:04

Thank you, Reb **Trying**...always great to hear from you!

Dov - I'm not sure I understand (for a change). Are you saying that working the steps and staying sober is not dependent on hope? And that even with nothing good in sight, and no hope for your situation getting better, you can still follow the steps, and feel happy?

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Re: making the silent battle...not.
Posted by Dov - 04 Sep 2011 22:50

Rav Avigdor Miller zt"l taught us that *"even a rosho should be very happy"*. For there is a G-d! There are no other options, as the acting out lifestyle does not work at all. So I will take 'sober' no matter what.

As far as hope for a better life is concerned, what hope for a better life is there for me in acting out? None. All it makes me is miserable, even if it is just lusting and not actually acting out. It always makes me thoroughly miserable. "We have no other options," as the drunks put it.

Please read what I just wrote to Jack (an awesome fellow indeed) in his thread. Hope in G-d is completely indispensable, but often takes a back seat to losing our trust in lust to help us. Staying sober is not an option, really. And I may still be unable to stay sober. I need G-d to make that possible, period. So we get G-d and sobriety simultaneously, sort of like gittah veyadah bo'in k'achas.

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Re: making the silent battle...not.
Posted by silentbattle - 05 Sep 2011 04:17

I hear that. It's an important point to always remember - even when things don't work out, and life seems to be in the toilet, turning to Lust still makes no sense, because let's face it - it doesn't help!

In other news, I think I took a bit of a step forward. I was reading an interesting article, and wanted to share a quick thought with my wife. She was also reading a book at the time, and indicated that she was focused on the book. I asked her if she could let me know when I could share the information with her, and she said yes. Finally, about 25 minutes later, when she had to put down the book anyway, she asked me what I wanted to tell her. I was annoyed and frustrated, feeling that she should have shown interest in what I wanted to say earlier (maybe at

the end of a chapter). Especially since, had our roles been reversed, she certainly would have expected that of me.

But then I realized that I need to focus on the positive. Unlike in the past, this time she actually did ask what I had wanted to say, and that is certainly a step forward, even if we aren't where I wish we would be.

So I thanked her, and made sure to mention my appreciation again, later on.

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Re: making the silent battle...not.
Posted by Yosef Hatzadik - 05 Sep 2011 20:13

GEVALDIG!!!

The Empire State Building is a tall tower of small bricks!

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Re: making the silent battle...not.
Posted by silentbattle - 28 Sep 2011 16:08

Have a ksiva v'chasima tova, everyone.

In the area of Lust, as well as in all reas that we have trouble, I must remember to surrender to hashem. He is that master, the King, and I am the servant. My job is to do the best I can to carry out his will.

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Re: making the silent battle...not.

Posted by gibbor120 - 28 Sep 2011 16:17

More precisely, to surrender our **will** to hashem's. You know, the stuff we really, really want. Or at least we are convinced that we want it. Surrender *that*. A tall order indeed!

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