

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 Singularity - 20 Dec 2016 07:49

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Hello!

May the tension between the two of you diffuse soon. It's hard and it will be hard. That's the

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Re: making the silent battle...not.

Posted by silentbattle - 21 Dec 2016 03:47

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Thanks for the warm welcome back.

I'm trying to change my focus towards more real life. That's going to be the only thing that holds any hope of "fixing" this. Both in the sense of keeping me clean, and also of improving my relationship with my family that has been so damaged by what I've done.

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Re: making the silent battle...not.

Posted by Markz - 21 Dec 2016 03:55

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~~reality, and one which I dread. I can fix it if I just stay clean. But can't we all ?~~

I think this forum is a little bit of life

**KOB**

Keep

On

Breathng. YEAH!

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Re: making the silent battle...not.

Posted by Markz - 21 Dec 2016 07:11

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Your quoted words in black

Please see my comments in different colors

[silentbattle wrote:](#)

Aaaand...back again. Wife just found out what I've been doing,

YIKES

and need to make some serious changes.

Small steps - easy does it

One is being involved here.

DOESNT LOOK LIKE YOUVE BEEN DOING THAT

Since I joined 1 and 1 /2 years ago I've been posting at least 10 posts daily. Less than 1 post every 6hr isn't considered involved imho

God, I'm stupid.

correct

Maybe that's the first lesson.

Well so am I... what's the lesson? Pls explain

I'm trying to change my focus towards more real life.

It's 2am and I'm trying to sleep - can't you see?????? So trying isn't a plan of anything

especially if we already tried to try all our lives

We need actions brother - if you want satisfactions

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Re: making the silent battle...not.

Posted by Singularity - 21 Dec 2016 07:47

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[silentbattle wrote on 21 Dec 2016 03:47:](#)

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It is quite a vague statement. What IS real life? And will focusing on it change your lustyness?

Because sometimes I believe real life is ogling those girls across the road. Definitely feels real in the moment! ---

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Re: making the silent battle...not.

Posted by cordnoy - 21 Dec 2016 14:20

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[Markz wrote on 21 Dec 2016 07:11:](#)

Your quoted words in black

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[silentbattle wrote:](#)

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Regardin' postin' here and the amount of times, I think it is completely dependent on each individual person. Bein' involved here can mean a wide variety of things and it extends from one side of the spectrum to another.

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Re: making the silent battle...not.  
Posted by gibbor120 - 21 Dec 2016 16:47

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Welcome back! I guess you are now "Silent no More". Nice to have you back.

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Re: making the silent battle...not.  
Posted by silentbattle - 27 Dec 2016 01:36

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OK, first - what do I consider "real life?" My wife, my children, my family, my relationship with hashem, my job...as opposed to fantasies of easy happiness and lust (whether the lust is more on the sexual or emotional side). To put it simply - genuine connections and relationships that are meaningful.

But I want to post regularly - my options for doing that are limited, as my portable chromebook is collecting dust until I can figure out how to get a filter put on by my local TAG office (tried going once, but they were closed during their "open" hours). During work not the best option, so I can only do it at home, once I get home from work, which is also my time for focusing on wife and family, and wife also wants me to go to a shiur. And she's right - I need to feel like I'm doing something genuinely rewarding, connecting with people.

But that does limit my ability to post. Trying to post and read a bit every days, but I'm not going to kick myself if I miss a day.

To Markz - I'm doing actions, too, never fear. Wife set certain guidelines, such as arriving home earlier from work than I had been, at least a few days a week. Her suggestions were simple common sense, and I'm very grateful to her. She's so hurt by what I did, and yet she's still trying to push for things that are positive through and through.

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Re: making the silent battle...not.

Posted by Markz - 27 Dec 2016 02:08

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1) Thanks for coming back and not collecting dust

2) If your Chrome book isn't in use cos you need tag to filter it, why not call for a Tag technician near you to drop it off by him till its setup - they can install games too TAG

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Re: making the silent battle...not.

Posted by silentbattle - 27 Dec 2016 02:16

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Hm, didn't know that was an option. Is that standard everywhere?

As for the games - tempting, but that runs a close second to lusting for my escapes from real life, for me.

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Re: making the silent battle...not.

Posted by silentbattle - 29 Dec 2016 02:03

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I have to say that both in terms of my lusting, and in terms of my possibly-near-addiction to online games, it is a relief to be able to focus on real life. To come home and say hello to my wife and children, and not have half a mind thinking about my computer - even just in terms of a game I'm in the middle of in real-time.

But the thought that nags me is that of course it's easy now, when I'm forced by circumstance to focus on improving things. And my wife, lucky for me, is showing that she wants things to be better too, as painful as this is for her.

But what about when this inspiration dies down? What about when things get so difficult that I feel like crying, so frustrating that I feel like punching a wall (something I never did before I was married, by the way), so alone I don't know what to do?

I've realized there are two parts to any response to that question. One is that I need to figure out a good answer, and the second is that the answer cannot be lust, or turning away and hiding from reality.

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Re: making the silent battle...not.  
Posted by cordnoy - 29 Dec 2016 02:25

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[silentbattle wrote on 29 Dec 2016 02:03:](#)

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What is forcin' you now?

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Re: making the silent battle...not.

Posted by silentbattle - 02 Jan 2017 02:54

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The fact that my wife found out about my problem - so that forces me to face my issue on two levels - firstly, because I have to deal with this if I want to stay married. But on a deeper level, it forced me to confront how damaging my actions have been.

Now it's easy to be fired up about change when everything is fresh, and inspired, and clear. As time goes on, it becomes more difficult. I have no doubt I'll find myself in very painful (emotionally) situations, looking for some way to dull the pain. I need to ensure that way before that happens, I know how to step back, surrender, look for another way...and not just a way to dull the pain.

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Re: making the silent battle...not.

Posted by cordnoy - 02 Jan 2017 03:10

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Your wife just found out?

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