

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 - 11 May 2021 03:42

Ha. Don't worry, I made up for lost time when I went back out there, but I'm glad to be in from the cold again.

=====

Re: making the silent battle...not.

Posted by silentbattle - 04 Jun 2021 11:10

In SA, we note that "there are no dues or fees."

I'd modify that - there is an entrance fee. It's one we set ourselves, and we pay it in pain, and shame, and destruction and guilt. And only we can decide when it's high enough that it's worth the price of entry.

We can also pay an intermittent renewal fee, if we choose. Been there, done that. I don't want to pay it again. I'd spend hours researching how to avoid a credit card annual renewal fee, avoiding this one is worth far more effort.

=====

Re: making the silent battle...not.

Posted by ihadstringsbutnowimfree - 25 Jul 2021 14:00

Hey silentbattle,

Are you available for a phone call sometime? If yes, just as such to this post and I'll send you my number in a private message. Or you can send me your info in a pm, whatever works.
Thanks

=====

=====