

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 - 07 Jan 2010 01:38

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Hearing people's pain and hurt makes me feel like that. Literally.

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Re: making the silent battle...not.

Posted by TrYiNg - 07 Jan 2010 02:17

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Sb , I jst read your thread. Don't know how I missed it till now.

**You really are an inspiration.**

Keep up the awesome work!

ps- You will yet make a great husband and father. You come across as really caring and sensitive to others.

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Re: making the silent battle...not.

Posted by silentbattle - 07 Jan 2010 02:19

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Thank you...I hope so. It's easy to be nice and sensitive when others are nice to you. To be the same when others aren't...well, like i said in your thread - I'm still working on that. But I have good role models.

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Re: making the silent battle...not.

Posted by sci1977 - 07 Jan 2010 02:32

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KUTGW!!!

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Re: making the silent battle...not.

Posted by imtrying25 - 07 Jan 2010 10:22

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[TrYiNg wrote on 07 Jan 2010 02:17:](#)

Sb , I jst read your thread. Don't know how I missed it till now.

**You really are an inspiration.**

Keep up the awesome work!

ps- You will yet make a great husband and father. You come across as really caring and sensitive to others.

Ditto that. I feel very uch the same. You also have a very uncanny ability to say the right thing at the right time. Keep it up SB. Your an inspiration!!

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Re: making the silent battle...not.

Posted by silentbattle - 07 Jan 2010 15:13

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Thank you. Like I said, I've learned from the best, and I was lucky enough to have all of you saying the right things to me, when i needed it most!

In other news...B"H, my journey continues to go well - had an old friend contact me, gently explained my situation and told her goodbye.

Unfortunately, I let my gaivah/self-esteem get the better of me last night, and got into an argument with a guy (he was taking things from someone, but my approach was wrong).

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Re: making the silent battle...not.

Posted by imtrying25 - 07 Jan 2010 17:38

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Great work SB. im sure it aint easy. But good things come hard. Keep it up SB.

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Re: making the silent battle...not.

Posted by TrYiNg - 08 Jan 2010 03:04

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In other news...B"H, my journey continues to go well - had an old friend contact me, gently explained my situation and told her goodbye.

Ur strong! and you make it sound like a btw. Which shows your gadlus even more!

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Re: making the silent battle...not.

Posted by silentbattle - 08 Jan 2010 03:18

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### **KOT**

The hardest goodbyes were already said - and those were the ones that gave me the most chizuk...this really is a btw...with Hashems help, and yours, not even really a nisayon that I had to struggle with. Said one other goodbye today that was hard...so stupid of me.

She had some small things of mine (unused printer ink cartridges), and I kept on bouncing around in my head...should I just go get them that way it won't be on my mind and distract me, or is it better to just say goodbye...?

After a slip while she tried gchatting me for a minute, I realized that it was way too risky, and well worth the value of an ink cartridge :D :D best investment i ever made (with the possible exception of my sponsoring Eye and Momo)!

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Re: making the silent battle...not.

Posted by silentbattle - 08 Jan 2010 14:47

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Went to sleep laughing to myself...then got woken up by Ano, and drifted back to sleep chuckling again.

Here's why:

As I was lying in bed, trying to go to sleep, the yetzer hora started reminding me of how great it feels when I can just dream and fantasize. He was saying, "doesn't it make you feel so great, better than anything else?!"

And I honestly started laughing, and I said, "That's a load of garbage! No way you're going to fool me with your lies! I know how it feels afterward, but more importantly, I know how great it feels when I *don't* listen to you!"

And I literally laughed my way to sleep...

I think it was a first for me, in several ways - aside from being the first time I've laughed myself to sleep, it was also so clear to me how, while the draw of fantasy was still there, it was obviously fake.

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Re: making the silent battle...not.

Posted by sci1977 - 08 Jan 2010 14:59

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That is wonderful news that you were able to laugh at it. Your inspiration is endless. Live, laugh and love. Fantasy is not reality and understanding that is a wonderful gift.

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Re: making the silent battle...not.

Posted by imtrying25 - 09 Jan 2010 17:23

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Wow Sb your really doing great!!! Im so happy for you. keep up the good work. And remember the best investment is the one you make in yourself because then everyone reaps the benefits!!!! And keep on laughing. It never hurt anyone.

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Re: making the silent battle...not.

Posted by TrYiNg - 10 Jan 2010 00:30

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Sb

**KUTGW!!!!**

Knowing that it won't feel great *after*, sounds so simple but is what we addicts forget all the time  
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you're incredible for remembering that and really internalizing! 8) 8) Don't you dare let the yh  
tell you anything else ..

Gut voch!  
Your progress is a real inspiration

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Re: making the silent battle...not.

Posted by silentbattle - 10 Jan 2010 20:04

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Was telling the laughing story to my therapist today (man, I hate saying that - it always feel so  
"pop-culture-y,"), and I realized that a major part of the victory was that i was able to see the  
need, want, yetzer hora, compulsion, whatever - as something separate from me.

Thanks for all your support!

Hope your week has started off fantastically!

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