

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 silentbattle - 12 Jan 2010 14:59

Remember - we've all *gotta* be a little nuts to be here, to start with - because we're doing something so radically different from what the rest of world insists is normal!

So I can officially say, "I LOVE BEING A NUT!" ;D

No fat free stuff here, sorry Steve - but I'll take you for a jog afterward to work off the calories!

Ano...just to clarify - do you mean that you can watch movies with NO problem, and NEVER have an issue of lust? because honestly, if so, that's pretty incredible...But it sounds to me like you're saying that you're free because you no longer feel the chains that were dragging you to lust in the past...?

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Re: making the silent battle...not.

Posted by silentbattle - 12 Jan 2010 15:02

KG - thank you. Your compliments mean a lot, and I really appreciate them.

As an aside, Sci reminded me of something...last night, I was going through my email account and deleting lots of old emails - I've already deleted all the major ones, this is the final cleaning up, kinda. And it's interesting to see the metamorphosis. About 2.5 montsh ago, everything else trails off, leaving almost entirely chizuk emails and notices of messages on GYE :D

I'd like to think that my life mirrors those changes...

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Re: making the silent battle...not.

Posted by Ano Nymous - 12 Jan 2010 15:12

[silentbattle wrote on 12 Jan 2010 14:59:](#)

Ano...just to clarify - do you mean that you can watch movies with NO problem, and NEVER have an issue of lust? because honestly, if so, that's pretty incredible...But it sounds to me like you're saying that you're free because you no longer feel the chains that were dragging you to lust in the past...?

I mean that I've watched movies with a SMALL amount of sexual content (I can't do this with) and I can simply look away during that type of scene. This is how it works. I'm watching the movie, and something comes up which I should not see. I have two choices: 1) Watch it closely and feel lustful, which means I am taking a suicidal "first drink," or 2) Look away and simply shut off my mind until it passes. I've been able to do #2, simply because I CAN'T do #1. BTW, (I have to say this before guard does) I don't recommend putting yourself in this kind of situation. I have only done so because I am weak...but my goal with this idea is simply to provide encouragement to those who feel that lust will never loosen its grip on them at all. With enough work, it just might.

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Re: making the silent battle...not.

Posted by silentbattle - 12 Jan 2010 15:19

In other words, you now have the ability to choose...That's a powerful ability. I'd take that over x-ray vision, any day (unless I'm facing a super-villain. Then I might want to temporarily trade up).

And trust me, bro, you're not weak. You might not be perfect, but we all have lots of things that we have trouble letting go of...

And come to think of it, maybe that's what being perfect is all about - doing the best you can in an imperfect world. OK, I take it back - you *ARE* perfect! :D

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Re: making the silent battle...not.

Posted by sci1977 - 12 Jan 2010 15:25

Ano, I don't think that makes you weak at all. I think it's the other way. If you can control your mind like that, it's pretty powerful and inspiring.

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Re: making the silent battle...not.

Posted by shemirateinayim - 12 Jan 2010 16:07

Wow this place picked-up !!! Hang in there SB, and make some noise (i'm very punny)

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Re: making the silent battle...not.

Posted by silentbattle - 12 Jan 2010 16:19

All puns accepted...

Hmmm....just thought of another aspect of "silent battle" - the idea that silence represents hashem's presence, y'know, the whole idea of "kol d'mama daka" - and this battle is all about kedusha!

Thanks, SA, for making me think of that!

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Re: making the silent battle...not.
Posted by sci1977 - 12 Jan 2010 16:24

Glad to see this place hopping. KUTGW!!! Have you ever noticed when you pray in silence, is when you get closer to G-d? You wanted to change your name to lonely battle??? I think the name is perfect!!!!

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Re: making the silent battle...not.
Posted by Steve - 12 Jan 2010 16:49

[Ano Nymous wrote on 12 Jan 2010 15:12:](#)

[silentbattle wrote on 12 Jan 2010 14:59:](#)

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~~porn~~
Movies are a VERY tough habit to break. There are VERY few that don't have a romantic scene, and even the animated ones are brimming with sexual overtones. But I'm glad to see that you've recognized a good analogy:

Watching videos is a lot like doing #1 and #2....

That said, what I've been able to do is weaken my need to watch by weaning myself off of it, reducing time by one day each week, until it's down to one day, and all I'd let myself watch are Andy Griffith reruns. Then it just wasn't worth it anymore... But when I see a choshuvah trailer on the web, I have a strong pull, but B"H I'm too cheap to go to movies or rent. If I stay away long enough, the desire dissipates.

KUTGW!!!

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Re: making the silent battle...not.

Posted by silentbattle - 12 Jan 2010 18:25

Wow, Steve...that's pretty incredible!

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Re: making the silent battle...not.

Posted by Steve - 12 Jan 2010 18:50

Yeah, well, don't expect something on your birthday...

That's definitely the right way to use the middah of being cheap!

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Re: making the silent battle...not.

Posted by shemirateinayim - 12 Jan 2010 18:55

You are an inspiration for me. I just have to take it one day at a time, hour by hour. To hang-on for "just one more nissayon".

BTW see the thread about movies, guard has a great link for the propper nusach of the yehi ratzon to say b4 watching. I actually printed it and taped it tot he wall in front ogf my family's computer! it's that good !!!

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Re: making the silent battle...not.

Posted by Steve - 12 Jan 2010 19:06

Silly boy, you were supposed to print it out LARGE and tape it over the screen....

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Re: making the silent battle...not.

Posted by shemirateinayim - 12 Jan 2010 19:22

aaaaaaaaahhhhhhhhhhhhhhhh

but what if they destroy the TV screen trying to take it off? oh yeh....

But seriously I try to avoid the 'holier than though' approach. But this one i funny, so i can get away with it.

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