

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 BecomeHoly - 13 Jan 2010 05:09

[Ano Nymous wrote on 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.

See though... the reality is that we can't shelter ourselves completely. We WILL! be exposed to things we don't want to be. Now of course we need to avoid it as much as possible. But if you can't let go of movies quite just yet, you can start working on yourself now... by looking away. The last time I hit 30 days, these scenes (and random hos on the street..) would upset me. I'd look away out of annoyance and disgust... do that with the movies... look away, be annoyed... when a perfectly good movies is ruined by that stupid stupid useless annoying scene. As I mentioned before about the tightrope DOCUMENTARY... barely even a movie... and they had a scene... a totally useless scene... added ZERO to the film. So don't forget that its VERY dangerous...

Oh also... you can start going down the ladder... limit yourself to pg 13. then to pg....

ok... blabbing over :-)

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Re: making the silent battle...not.

Posted by silentbattle - 13 Jan 2010 14:38

Just a random post on how ridiculous we can be...years ago, was sitting in my room, with a friend and 2 roommates. The friend commented on the book that was lying on one of the other beds, saying it was a good book, but had some dirty parts...roommate #1 said, "really? I don't remember any bad parts!" Roommate #2 says, "oh, yeah, it's on page 127..."

Don't know if I should laugh or cry...

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Re: making the silent battle...not.

Posted by sci1977 - 13 Jan 2010 15:11

Laugh with a tear in your eye!!!! Just keep working on yourself. Your doing amazing things.
BTW, I think a lot of people agree this is one of the best threads on GUE!!!

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Re: making the silent battle...not.
Posted by Ano Nymous - 13 Jan 2010 15:36

hmm...page 127...ummm...there's nothing dirty there. Perhaps you were given the wrong page number?

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Re: making the silent battle...not.
Posted by silentbattle - 13 Jan 2010 16:10

:D :'(

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Re: making the silent battle...not.
Posted by sci1977 - 13 Jan 2010 20:03

How is your day going?

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Re: making the silent battle...not.
Posted by silentbattle - 13 Jan 2010 22:55

Going well, thank god! This morning was a little stressful, and then (to make things better) I got
Explained that I'd love to but couldn't...if
she doesn't get the message, i'll have to be more blunt about my goodbye.

How are you? Actually, I'm about to head over to your thread to see what's happening - that's always inspirational!

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Re: making the silent battle...not.
Posted by silentbattle - 14 Jan 2010 00:03

Sigh...decision time...

Well, not yet...I'm going to give things a few days before deciding. Right after feeling hurt is never the time to make a decision, right?

Still..."curse word"! :'(

If you're not sure what I'm talking
about...rehab-my-site.com/guardureyes/forum/index.php?topic=1540.0

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Re: making the silent battle...not.
Posted by sci1977 - 14 Jan 2010 02:47

I hate to say this but I really don't think much is going to change. I think people who have been afraid to post things might not be. I still feel the most important thing more than this, is to have an area for the spouses. No need to decide anything. You and I are always posting on each others, I am married, you are single. Do you think our posting in each other threads is going to change. Not a chance of that change.

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Re: making the silent battle...not.

Posted by silentbattle - 14 Jan 2010 02:53

Sigh...I don't like feeling like a second-class citizen. now i just feel kinda sick.

Heading out now...maybe I'll be back tomorrow.

I can still be there for you, even if it's via email.

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Re: making the silent battle...not.

Posted by sci1977 - 14 Jan 2010 02:57

I'm not going anywhere.

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Re: making the silent battle...not.

Posted by Steve - 14 Jan 2010 05:27

[silentbattle wrote on 14 Jan 2010 02:53:](#)

Sigh...I don't like feeling like a second-class citizen. now i just feel kinda sick.

Heading out now...maybe I'll be back tomorrow.

I can still be there for you, even if it's via email.

SB -

it's all a matter of perspective. I think I hit on a good one, sort of a live and let live approach. **We're not gonna break down**, it's just a place for the few who feel uncomfortable to talk behind an invisibility cloak. Lozem Gaine. See my post on that thread you mentioned, the one right before I answered your questions.

Nothing's really changed. Would you feel second class if we had a group of yiddish speakers, or all hebrew postings in their own threads - I could see it, but NEVER understand it, so i'll never be a part of those discussions. Do i feel excluded? NO. They need that bond. It's selfish of me to deny them of that.

I think everyone here realizes the need and the gevaldig chizuk we get from our ACHDUS. That won't be lost if people realize they keep only their private discussions private, not make it into a whole separate forum, and stay involved in the lives of the rest of the group. Perhaps Guard can arrange to moderate that thread to make sure the don't get too cliquey.

Don't go. This place is getting interesting again because of you, man. Hang in there. You know I care.

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Re: making the silent battle...not.
Posted by sci1977 - 14 Jan 2010 10:48

I think steve is totally right. Hang in there. This is helping you find peace of mind, don't change a thing you are doing.

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Re: making the silent battle...not.
Posted by silentbattle - 15 Jan 2010 14:57

OK...I think I'm back.

Even while I was hurting, I was aware that it was an emotional response, and it's kinda incredible - it's like this was prepared by the yetzer hora to push every single one of my sensitive buttons.

Which, of course, I'm sure it was - nothing happens by accident. My dilemma was, that even if it is an emotional response, it's still real - my thoughts about leaving weren't because I was wronged, it would have been just to avoid the hurt.

This was certainly a reminder for me of how much I have to work on my issues, my neediness, my hurt.

Thank you very much to all the people who showed that they cared. I'm back now.

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