

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 - 15 Jan 2010 15:24

Thanks Yiddle...

), Me3, Habib, Trying, Theone, and
Guard...And thanks to Ano for a well-timed call, and a chance to talk things over...truly thinking about what someone needs...incredible!

Thanks again, you guys. Your support and caring really helped.

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Re: making the silent battle...not.

Posted by silentbattle - 15 Jan 2010 15:29

By the way...although my count is in the mid-50s right now, I'm closing in on my (for me) real 90 days. Trying to think if I should do something for that...about a week left.

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Re: making the silent battle...not.

Posted by sci1977 - 15 Jan 2010 16:05

Also special thanks to Mom, Steve, Sci (of course

YOUR back and better than ever. Welcome to the nut bin. How else would the best thread on GUE continue? Keep on going and remember we all here for each other.

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Re: making the silent battle...not.

Posted by Ano Nymous - 15 Jan 2010 17:09

SB, you are the bomb!! Have a wonderful and delicious shabbos!!! ;D ;D

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Re: making the silent battle...not.

Posted by silentbattle - 15 Jan 2010 17:11

Sci - thanks. I know. (sheepish grin emoticon)

Ano - U2(also a good band) - enjoy your gefilte tofu...

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Re: making the silent battle...not.

Posted by Kollel Guy - 16 Jan 2010 17:19

[silentbattle wrote on 15 Jan 2010 15:29:](#)

By the way...although my count is in the mid-50s right now, I'm closing in on my (for me) real 90 days. Trying to think if I should do something for that...about a week left.

Great to have you back....

Shkoyach for visiting my thread.

I'm not sure I got this 90-50 shtickle though. Can you be masbir?

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Re: making the silent battle...not.

Posted by silentbattle - 17 Jan 2010 00:56

Hope everyone had a great shabbos...

KG - sure, I'll be masbir - for me, looking at p*&n and mz"L was a bit of a habit, and something i never even considered fighting really. Unfortunately.

However, my major issue was much worse - I had actually been meeting people in real, Rachamana litzlan. The further away I get from it, the more i realize how truly crazy it was.

So for me, being free from that for 90 days is my first major step forward.

Obviously, I hope to soon have another milestone, as I pass 90 days free on the WOH!

As far as the 90 day thing, I don't see it as the be-all and end-all. But, 1) it's 90 days without doing actions that are both an aveirah, and unhealthy as all get-out, 2) it means a certain amount of distance from unhealthy actions, and 3) it's getting out of a habit. The more time we spend not doing it, and developing healthier habits, the better off we are.

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Re: making the silent battle...not.

Posted by silentbattle - 17 Jan 2010 21:09

OTR - thanks - coming from you, that means a lot!

Had a weird, yet very encouraging dream friday night - without going into details, two girls offered to, ah, "get to know" me, and well - in my dream, I could feel myself struggling, and eventually, I said no!

Woohoo!

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Re: making the silent battle...not.
Posted by sci1977 - 17 Jan 2010 21:11

Glad your doing well. Keep it up!!!

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Re: making the silent battle...not.
Posted by Ineedhelp!! - 18 Jan 2010 01:55

[silentbattle wrote on 17 Jan 2010 21:09:](#)

OTR - thanks - coming from you, that means a lot!

Had a weird, yet very encouraging dream friday night - without going into details, two girls offered to, ah, "get to know" me, and well - in my dream, I could feel myself struggling, and eventually, I said no!

Woohoo!

That's the spirit! Be happy when we succeed even when we dont control it. I did hear somewhere that a dream has something to do with something that happened that day so maybe you had a great battle with the YH that day, who knows...

Keep it up bro!

-Yiddle

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Re: making the silent battle...not.

Posted by shemirateinayim - 18 Jan 2010 02:52

With every urge that you overcome to not watch a video, you get a schar EQUAL to every dollar pumped into the industry. Every hour and ounce of talent, creativity, humor, and artistic design!!

With every urge you overcome not to look at p__n, you get schar EQUAL to all the effort, talent, money, creativity, and hours of photo-shoots that goes into the GLOBAL INDUSTRY.

And you get a level of kedusha equal to the tumah.

Everyone that gets to 90 days, is truly a tzaddik. If we only worked on our other areas (LH, Emmes, Halacha) this SA forum would be full of tzaddikim!!

Source: R tzadok in tzidkas Hatzaddik (heard on shiur from R Efraim Waxman)

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Re: making the silent battle...not.

Posted by silentbattle - 18 Jan 2010 15:01

Wow, SA - thank you! It's incredible, and a great reminder of just how amazing every second that we win is!

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Re: making the silent battle...not.

Posted by Kollel Guy - 18 Jan 2010 15:52

[silentbattle wrote on 18 Jan 2010 15:01:](#)

Wow, SA - thank you! It's incredible, and a great reminder of just how amazing every second that we win is!

How very true...

I (and I imagine most of us) tend to get so caught up in the big goal, that in the process don't realize the magnitude and power of yes - *thousands* of times "NO" was said. And each of them add up, and every second of restraint adds up.

Most importantly, when someone has to C"V look at his situation after a fall, and all he sees is the last few moments of the whole story, and only sees the fall, that's not only "missing the point" or "having the wrong perspective". It's straight up not true. It's seeing something that's not there.

You have to look at all the time you won vs the few seconds that you didn't...

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Re: making the silent battle...not.

Posted by OneLife - 18 Jan 2010 16:24

[silentbattle wrote on 17 Jan 2010 00:56:](#)

KG - sure, I'll be masbir - for me, looking at p*&n and mz"L was a bit of a habit, and something i never even considered fighting really. Unfortunately.

However, my major issue was much worse - I had actually been meeting people in real, Rachamana litzlan. The further away I get from it, the more i realize how truly crazy it was.

So for me, being free from that for 90 days is my first major step forward.

WOW WOW WOW.

ive just seen a bit of your thread, and i want to tell you that i see you now as a really soldier of HASHEM. 8)

BOMB!

your journey from your position is the reall journey.

in spite of your habit ("rachamana lizlan" ;D ;D) you still post here as a mechazeck (give power to..) and not mechuzak (get power from..), very very impressive.

i wish you luck man.

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