

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 - 19 Jan 2010 01:27

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Feel free to share your opinions on the new avatar...

Had a bit of a rough day today, but came through OK, B"H...need to remember to give the fight to hashem...and that it will NOT make me happy...

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Re: making the silent battle...not.

Posted by sci1977 - 19 Jan 2010 04:52

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Keep up the good fight. I know you will succeed!!!

As for the avatar, fits your name good. Don't know how IT25 will feel. He always wanted to hook your fighter jet up to his walker for some reason.

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Re: making the silent battle...not.

Posted by Kollel Guy - 19 Jan 2010 08:16

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[silentbattle wrote on 19 Jan 2010 01:27:](#)

Feel free to share your opinions on the new avatar...

I don't know, I guess I'll have to get used to it. I sort of relate the old one to you...

New avatars are always hard for me :( :D

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Re: making the silent battle...not.

Posted by OneLife - 19 Jan 2010 09:58

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sometimes just your picture gave us chizuk... 8)

[silentbattle wrote on 19 Jan 2010 01:27:](#)

Had a bit of a rough day today, but came through OK, B"H...need to remember to give the fight to hashem...and that it will NOT make me happy...

Baruch Hashem, that you still "alive", sometimes it happens and we are here for that.

as i told you before, you are the bomb in that forum! :-\* :-\*

if you give us chizuks all the time so all the more you are already strong. ;D ;D

Hey silent, why have you changed your picture?? i really liked your last one.

for the theory that we "need to remember to give the fight to hashem" ( i think its the third step

of the 12)

i think i have a little objection on that theory cuz in other word this step says that we return our Y"H to hashem that gave it for us when he created us. i see a paradox in that manner.

its like we say to hashem "no, thank you. you can keep it beside you, i don't need it"

i don't know what to think about that as i know that the 12 steps do work.

any ideas??

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Re: making the silent battle...not.

Posted by silentbattle - 19 Jan 2010 15:00

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Thanks, Sci - appreciate the vote of confidence. Its OK, , I've still got the fighter jet...it's just camouflaged, and fit with stealth technology ;D So now IT25 can have a stealth-fighter/walker!

KG - I know, I've gotta get used to it, too! What was weird was that soemtimes, I'd be looking through old posts on the forum, and I'd come across my old avatar - but with a different username! It confused me!

OneLife - Think of the ninja as your bodyguard. After all, ninjas were the assassins of feudal Japan - this Ninja's target is the yetzer hora.

As far as your worries about giving over the fight to hashem, here are a few thoughts, please let me know what you think:

1) as KG (I think) pointed out a while back with a beautiful mashal, hashem gives us that option - Guard, can you airdrop in the link to that chizuk email (I believe it's #667)?

2) We always daven that hashem should remove us from temptation (v'lo lidei nisayon...).

3) As R' Yeruchum points out (from the ramban on the meraglim, I believe, as well as numerous gemaras that say it pretty much straight out), without hashem's help, we'd never succeed against the yetzer hora - we wouldn't even have a chance! We have to enlist hashem's help!

4) Another way of looking at it is that we're being mevatel our own will (ratzon) to hashem - we're taking ourselves out of the picture, and letting his ratzon shine right through us.

Does that make sense?

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Re: making the silent battle...not.

Posted by OneLife - 19 Jan 2010 16:02

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[silentbattle wrote on 19 Jan 2010 15:00:](#)

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You always have a good answers (i'm talking about the ninja if you havn't understood yet :D :D)

1. B"H i'll see that.

2. thats absolutely legitimate prayer, but its still says that we have the Y"H.

3. see 2.

4. this claim is the most that i am OK with, but this is very very high level of emuna. and the problem is that not everyone (especially us) can get to that level. it demands tremendous of AVODA.

my opinion is a little mix, when i have a temptation (except of describe you and haba standing near me :D :D)

i tell the Y"H that i don't have any chance to overpower him, and try ways to escape from the danger area.

i hope that the admit in powerlessness can feed the Y"H and its enough for him then he would live me alone.

when he will go ?? hope to the hell. :D :D

moreover

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Re: making the silent battle...not.

Posted by silentbattle - 19 Jan 2010 17:03

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We're not trying to give away the yetzer hora - that's still there. What we're saying (I think - I'm far from being an expert) is that we're giving the fight over to *hashem*.

In other news, I'm open to ideas for my 90-day celebration. Any suggestions? I might post a new thread for this...right now, my basic idea is to get a bottle of Woodford, if there are enough people interested in sharing it with me. I don't drink very much by myself!

I was recently reading a kuntris on shovevim by the slonimer rebbe...lot of good stuff. One issue he talks about is a three-pronged attack: 1) learning torah, 2) heartfelt davening, and 3) doing chesed.

I see those three as 1) living, 2) giving the fight over to hashem, and 3) getting out of our own heads, our own selfishness.

Clearly, these weeks are an ideal time to work on this, and so I'm going to try to work a bit more on each of these three areas, every day. Some more focus on davening (for me, during shemonah esrei), a little extra learning (at night), and an extra act of chesed, every day.

Anyone want to join me? Certainly can't hurt!

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Re: making the silent battle...not.  
Posted by silentbattle - 20 Jan 2010 23:36

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Life continues to go well, B"H, although there is no shortage of stress. But at least some of the stress is coming from positive developments.

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Re: making the silent battle...not.  
Posted by imtrying25 - 21 Jan 2010 12:05

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Hey SB. I have to say i missed you. And i missed your chizuk. I also missed seeing all the :D

Love ya bro.

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Re: making the silent battle...not.  
Posted by silentbattle - 21 Jan 2010 15:55

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I'm sure you grew during this experience...and I look forward to hearing all about it! I'm super-glad to have you back!

In other news...as we all know, there are two aspects to chinuch - planting and building (see the sefer/book by R' Volbe). In short, building is the concrete framework, planting is the inspiration that grows. There's been many books written on this, but to look at it one way, for a grapevine to grow, it needs support - so you build the support, and the grapevine grows around that support - so both the building and planting are necessary - without either, there'd be no grapes.

beautiful things you write. But im back now. And i gotta just let the past be the past, right??

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Chinuch isn't just for children, it's for ourselves, too - everyone needs to use both of these tools to help themselves grow. Here's a bit of how I'm thinking this applies to us...

The planting - that's inspiring ourselves, learning, getting closer to hashem. Figuring out our issues and slowly but surely making changes to who we are on a deep level.

Building is practical things we do - installing a filter, going to sleep earlier, walking out of the room when we feel an urge, taking of my glasses when I'm walking in the street.

Here's what I think, though - if we allow it to, the building shapes the growing. And so I find that after taking off my glasses in the street, so that I'm not even tempted to look at women, even when I *do* have my glasses on, it's easier for me to not focus on them. It's like I've already been trained to not look.

Or maybe that's just the result of building, plain and simple.

Either way...I like it!

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Re: making the silent battle...not.

Posted by imtrying25 - 21 Jan 2010 16:10

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me too!

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Re: making the silent battle...not.

Posted by OneLife - 21 Jan 2010 21:34

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SB, you do an excellent job in chizuk of us.

me too took off my glassess from my eyes, but the Y"H returned them on my face again tell me

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walk with your head down its enough.

Re: making the silent battle...not.  
Posted by mekubal - 21 Jan 2010 22:24

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[silentbattle wrote on 21 Jan 2010 15:55:](#)  
now, cuz you, ill try it again take off my glassess. :

And so I find that after taking off my glasses in the street, so that I'm not even tempted to look at women, even when I *do* have my glasses on, it's easier for me to not focus on them. It's like I've already been trained to not look.

This is a gevaldik observation. This supports that idea that utilization of internet filters helps rather than creates a backlash in other areas.

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Re: making the silent battle...not.  
Posted by silentbattle - 21 Jan 2010 23:35

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Don't make a big deal  
out of it, and it doesn't have to be all the time. I don't do it all the time...but when I can, I do.

Mekubal - men darf vissin (I think that means "you have to know"). I certainly think that filters

help. But I also think that it has to come with a desire to change, and actual work in general towards being healthier.

Without that, would there be a backlash? Don't know. But irrelevant, because everyone on here is hopefully not just putting a filter on and hoping that's the end - we post, we give chizuk, we get inspired, we read the handbooks, call DC, etc.

So it's part of growth, instead of just being stifling.

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