

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.

=====

Re: making the silent battle...not.

Posted by sci1977 - 26 Jan 2010 00:37

SB, he is back. All threads are more lively. Didn't you miss IT25? Everyone needs to keep up there great work and get to the 90 days and beyond.

=====

Re: making the silent battle...not.

Posted by imtrying25 - 26 Jan 2010 00:46

[silentbattle wrote on 25 Jan 2010 23:18:](#)

Why? i still haven't done my full 90 yet...And you're well on your way, and a lot healthier than me in lots of ways, anyway. I hope to see you following close behind me on the chart someday...I mean, after you get the whole "living life" thing down, try to remember when you

Thanks my friend for the kind words but..... :-\

=====

Re: making the silent battle...not.

Posted by silentbattle - 26 Jan 2010 00:57

I don't go in for kind words and empty compliments. I call 'em like I see 'em. You're a great person, constantly growing. There are different approaches, but ultimately, you want to be clean, long -term, and you're working towards it. And I know you, you're doing whatever you need to do to succeed.

Yes, Sci - he's back. And with the two of you back, there's nothing we can't do!

=====

=====

Re: making the silent battle...not.
Posted by sci1977 - 26 Jan 2010 16:08

We all need each other. KUTGW!!!

=====

=====

Re: making the silent battle...not.
Posted by silentbattle - 26 Jan 2010 16:18

Thank God, things are good...Still struggling with a few issues in other areas, but clean and happy about it. Thank you, Hashem, thank you GYE, thank you, all.

=====

=====

Re: making the silent battle...not.
Posted by Dov - 26 Jan 2010 21:45

Ahhh, yes....it **is** good to be alive! Not perfect...but GOOD!

(...what was *that* about?)

=====

=====

Re: making the silent battle...not.

Posted by silentbattle - 26 Jan 2010 22:42

Well said, Dov ;D

=====

=====

Re: making the silent battle...not.

Posted by silentbattle - 26 Jan 2010 23:32

I've been struggling recently, toying with a thought. I don't think it would even count as a fall, and yet I know it's not good, it's unhealthy, it's giving in to my weaknesses and needyness, and can lead to major issues.

OK...Basically, I have some "stories" I've written. They're good - very good. I'm tempted to post them somewhere, "just so that people can enjoy them." And I worked hard on those stories, I don't want to give them up. But I know that posting them somewhere, anywhere, can lead to unhealthy connections. And even if it doesn't, it's not a healthy move on my part.

So, even as I write this, I'm forced to face the fact that even saving those stories isn't a good thing. There's no possible healthy, holy use I could have for them.

.....

There. They're deleted.

That should feel better than it does, shouldn't it? Well, maybe not. Giving things up hurts, even when we know it's the right thing, and ultimately good.

But I do know one thing for sure - I'm going to be happier than I would have been if I hadn't deleted it.

This post has been sponsored by SciCorp. Yeah...you reminded me that I need to focus on my own thread more. Thanks, bro.

=====

Re: making the silent battle...not.

Posted by shemirateinayim - 27 Jan 2010 03:02

I don't know what kind of stories you may have composed, but I'm assuming that if they merri mention on this site, they are of such a nature.

Yasher Koach, may you be zocheh to burn many more bridges!!

=====

Re: making the silent battle...not.

Posted by sci1977 - 27 Jan 2010 14:22

I do not know what was in the stories, but if you think they were bad, then I think that is the smaret thing to do. It shows much courage and conviction for your new and improved life. You always seem to inspire.

Scicorp is glad to help in any way!!! We work on us the most when we are in our own thread and it makes us actual work on us when you prepare to write in your own thread. (Thats what I have noticed.)

=====

Re: making the silent battle...not.

Posted by silentbattle - 27 Jan 2010 15:38

They were stories of precisely that nature. And I know how much they would be enjoyed.

Part of the reason it was so hard was that regardless of the type of story, it was my own creative work. I liked having it, and sharing it with others, knowing that they would get pleasure out of it. I'm only thinking now that I may have even been hurting the people who were enjoying the stories so much.

=====

=====

Re: making the silent battle...not.
Posted by sci1977 - 27 Jan 2010 16:51

You did something very selfless. You really deep down wanted to keep them but decided not to. I say write a new story and you will be even more proud of it, because it was done without needed the things that were in the old story to make them good.

KUTGW!!!

=====

=====

Re: making the silent battle...not.
Posted by shemirateinayim - 27 Jan 2010 17:04

If you want to do a bigfavor for clal yisrael, use your tallent to write jewish books. There is too much junk out there, so bad that its barely better than the goyish stuff!

=====

=====

Re: making the silent battle...not.
Posted by silentbattle - 27 Jan 2010 18:06

It would have to be a very different kind of story...and I've never really done that kind of thing. But people have told me to write books - although they were talking about books of filth. So I

suppose my talent is real, and can be used for other things, too...

SE - I should...although short stories are much easier, and I've never really practiced writing fiction...

=====

=====