

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 - 29 Jan 2010 15:46

IT - absolutely! Whenever you're over this way, let me know, and we'll totally work something out! Sci, you too!

You guys have been with me since the beginning, and you're always invited over!

In other news, keeping busy, staying clean. Noticed myself being a little too friendly to a woman at work, will put effort into being polite, but professional. Not friendly.

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Re: making the silent battle...not.

Posted by sci1977 - 29 Jan 2010 17:12

Great you noticed you might have crossed a line. Keep trucking!!! Have a great Shabbos!!!!

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Re: making the silent battle...not.

Posted by sci1977 - 29 Jan 2010 21:19

[Kollet Guy wrote on 28 Jan 2010 16:45:](#)

Even more so when you read through your own old pages...

Don't you have a post about that somewhere sci?

KG, it's in my thread. Going back and reading your own thread lets you understand all you have been through much better. It really gave me a huge sense of we really are here for your ownself too, not just for everyone else.

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Re: making the silent battle...not.

Posted by imtrying25 - 30 Jan 2010 20:30

[silentbattle wrote on 29 Jan 2010 15:46:](#)

IT - absolutely! Whenever you're over this way, let me know, and we'll totally work something out! Sci, you too!

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In other news, keeping busy, staying clean. Noticed myself being a little too friendly to a woman at work, will put effort into being polite, but professional. Not friendly.

Sb.....uh.....did i ever tell you that your king?? I mean im not sure if i can remember?? I would go back and read your thread, but i think sci says too go back and read our own threads. no sci??

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Re: making the silent battle...not.
Posted by sci1977 - 31 Jan 2010 04:06

I think reading our own threads is great. It helps me a ton. It helps me understand everything better.

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Re: making the silent battle...not.
Posted by silentbattle - 31 Jan 2010 04:54

Yes, IT - I think you have mentioned it a time or 3. OK, it was just one time - you're welcome to mention it again, though! ;D

And I'll even accept it, on one condition - when you come in to shmutz la'aretz, you take over as king.

In other news...I need to go into the city tomorrow, and was thinking about whether I should take the train, or drive. Advantage of driving - cheaper, generally quicker. Advantage of train - don't have to worry about traffic, can read during the trip, don't have to worry about parking, and can check out/flirt with girls on the train...ah. OK, taking my car :D Thanks, Y"H, for making things clear!

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Re: making the silent battle...not.
Posted by sci1977 - 31 Jan 2010 04:57

IT's just playing with you. Sci
Glad your decided on car. Hope you had a wonderful shabbos.

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Re: making the silent battle...not.

Posted by shemirateinayim - 31 Jan 2010 05:29

It's worth every enny you have to pay on gas! When you get 'up-there' after 120, you'll smile for every drop of gas that went into that engine!

Just watch-out for those billboards, they can be deadly. Just try to remember that the girl doesn't come with the car, just remember that.

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Re: making the silent battle...not.

Posted by silentbattle - 31 Jan 2010 06:41

:D :D :D

It's actually cheaper to drive. The worry is 1) traffic, and 2) parking. And considering that I'm going to my therapist, every minute late is a few dollars. SO hopefully, no major issues on either of those counts.

Thanks, Sci - yeah, shabbos was nice. Glad to hear that yours was, too!

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Re: making the silent battle...not.

Posted by sci1977 - 01 Feb 2010 01:58

Hope your day was good. KOT!!!

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What?! Really???? >

Re: making the silent battle...not.

Posted by silentbattle - 01 Feb 2010 02:08

Thanks, Sci - today was a good day. Some frustrating stuff, but staying clean. My one or two nights a week to sleep on a normal bed, and for various reasons, i can't get a good night's sleep (that's right, I work at a cot company, I test out their products - I have to make sure that the cots are uncomfortable. If I can sleep more than 4 hours straight, they discontinue the line). Plus a bunch of other things.

But I'm still here. And I'm still me.

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Re: making the silent battle...not.

Posted by silentbattle - 01 Feb 2010 02:16

So, after my meeting with my therapist today, I'm supposed to be thinking about different aspects of a maintenance program, and it's purposes. I'm tired right now, but I'll give it a start - obviously, open to hearing more ideas.

The goal...to stay clean. No, more than that. To continue to grow. To be aware of my issues, and not let them rule my life.

To surrender to hashem - which I take to mean, not even getting involved with things that toe the line, and are battles, which would require me to be powerful (not powerless) and in control.

To build a support system, of friends (GYE is a start, but getting more offline) and mentors, that can help me continue to grow.

Making sure that i'm living life, and not giving in to my sickness, not listening to the emptiness, loneliness, and neediness.

OK, that's a start...

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Re: making the silent battle...not.

Posted by shemirateinayim - 01 Feb 2010 03:18

I'm here for you for tha offline part. PM me if you want my number

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Re: making the silent battle...not.

Posted by sci1977 - 01 Feb 2010 04:03

Just remember to take it minute by minute and stay positive. Try and take things slow and not get overwhelmed with everything you think you should be doing. Giving all to G-d and living and a support system are all things you have been working on. Go back and read your thread!!! I know you can do it!! Keep on trucking!!! It's the only thing you can do!! I'm here for you my friend as are many others.

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