

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 imtrying25 - 02 Feb 2010 12:01

SB you are doing great!! Im so happy for you that you feel like your going to the next step!!!
Cant wait till i get there too!

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Re: making the silent battle...not.

Posted by sci1977 - 02 Feb 2010 14:55

Keep working and stay positive. I know you will succeed. KOT!!!

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Re: making the silent battle...not.

Posted by OneLife - 02 Feb 2010 15:10

ok i havce what to say SE but im gonna keep my mouth shut!!

no doubt, that finally everyone in GUE will hit the 90.

there is a big AHAVAT ISRAEL here, so the y"h have no way besides go to hell!

and hey, SB have you decided already how to celebrate your 90 (and your ~110+- private)??

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Re: making the silent battle...not.

~~Journey~~
Posted by silentbattle - 02 Feb 2010 17:23

OneLife - well said! For m first 90-day, I went out to eat with a non-GYE friend. Still up in the air about my second 90 days...

Anyone up for a kumzitz?

IT - You're way ahead of me in so many ways. Don't sweat it, you'll soon succeed in this, too, and I'll be cheering for you!

SE - I'm no tzaddik...but I'd like to think that I've given hashem a few smiles, at least. And your words of encouragement are always welcome.

Sci, thanks for the KOT. That means a lot, especially coming from you!

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Re: making the silent battle...not.

Posted by Dov - 02 Feb 2010 17:26

Why get *faHitzed* about the future? Enjoy today! Today is awesome enough to make it worthwhile! (but if you *do* make a party one day, invite me please...I don't eat much....)

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Re: making the silent battle...not.

Posted by silentbattle - 02 Feb 2010 17:39

Dov, you are TOTALLY invited to anything I make...and I'll even let you make alcohol requests (within reason...well, you can request anything, and I'll see). Right now, if i do anything, I'd probably get woodford, or something similar, plus some supplies for mixed drinks (I think it was OTR that requested that, if he's serious about coming).

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Re: making the silent battle...not.

Posted by Dov - 02 Feb 2010 17:59

OTR?! How the heck is that guy?

What country are your 'zits in?

Actually, don't tell bards, but I only do Woodford for loving him (and his great-great-great grandfather) so much...I'm a merlot and sangiovese man, if anything....

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Re: making the silent battle...not.

Posted by silentbattle - 02 Feb 2010 18:40

I know pretty much nothing about wines...but if you tell me what you like, I'll get you something. Or, you can make a l'chaim on 7up ;D

"zits?" as in "kumzits?" Haven't had one yet, but I'm in NY...

Haven't heard from OTR in a couple of days...

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Re: making the silent battle...not.

Posted by sci1977 - 02 Feb 2010 19:00

Have you tried to stop going to the therapist yet at all? I was wondering if you think the therapist has something to do with your growth?

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Re: making the silent battle...not.

Posted by Dov - 02 Feb 2010 22:00

He's got a growth?!

...sorry... ;D

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Re: making the silent battle...not.

Posted by silentbattle - 02 Feb 2010 23:24

[dov wrote on 02 Feb 2010 22:00:](#)

He's got a growth?!

:D :D :D

Well, I've only been going to this guy for a few months. I'm hoping that we'll stop sometime soon.

I certainly think that going to him has helped me grow - it's spending a solid hour a week (or sometimes, every other week) focusing on these issues, understanding them better, considering what I can do to improve...

But I do think that with this as a starting point, I can do it on my own - I just want to make sure that I've got myself a solid program in place.

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Re: making the silent battle...not.

Posted by shemirateinayim - 03 Feb 2010 00:25

You can do what I did when I stopped seeing my therapist, we decided that "I'd call him to scheduled, the next time I needed to see him" It was a year later, and after 3 sessions, I have only spoken to him once.

I know that I'm terrible at keeping in touch, but I didn't need him (no I never used him for my SA, except for those 3 sessions)

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Re: making the silent battle...not.

Posted by silentbattle - 03 Feb 2010 02:31

I see the benefit...the question isn't how to get rid of him, the question is, what's the best program I can build for myself to make sure that I continue to improve, stay strong, stay aware?

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Re: making the silent battle...not.

Posted by shemirateinayim - 03 Feb 2010 07:55

buy a baseball bat, and smash your compuet to peices - that's the very best program

second best: WHITELIST yup, goodbye internet.

third best: ??? But I'm sure you had something on your mind. You know yourself better than I do, so I'm sure you know what would stop you from falling 90% of the time.

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