

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 imtrying25 - 11 Feb 2010 18:13

i just recently heard matisyahus cd light. Its from the song one day. Now although im not so into that type of music this song hit home bigtime. I heard its the theme song by this years winter olympics! And now i am addicted to it. It has such a strong message. Check it out!!!

=====
=====

Re: making the silent battle...not.
Posted by sci1977 - 11 Feb 2010 18:29

[imtrying25 wrote on 11 Feb 2010 18:13:](#)

i just recently heard matisyahus cd light. Its from the song one day. Now although im not so into that type of music this song hit home bigtime. I heard its the theme song by this years winter olympics! And now i am addicted to it. It has such a strong message. Check it out!!!

thank you sir for that info.

SB, keep on trucking. I think when we do well in those times of trouble and we break through them is when we realize that we really are succeeding in becoming better people and certainly we prove we can stay on our journey.

=====
=====

Re: making the silent battle...not.
Posted by sci1977 - 12 Feb 2010 16:33

SB, have a great Shabbos!! Keep on trucking!!

=====
=====

Re: making the silent battle...not.
Posted by aryehthor - 12 Feb 2010 18:22

I feel like I'm walking into a movie theater 2 hours into a long movie here...so I hope I'm not too off-base.

But SB, you said something a while ago which I think is important. You said when you got on the bus, you realized that you were free to *not* look around, as if someone said you don't have to take out the garbage! I also experienced this feeling, both with porn and with smoking cigarettes. Why do we experience that? I think we begin our addictions by searching for pleasurable stimuli. It then becomes a habit and then a compulsion and then we reach a point where we don't get pleasure from it and in fact we *don't want to do it at all* but we HAVE to do it. The addiction has a life of it's own and compels us to act against our will. I would look at porn and the whole experience was horrible. I would smoke cigarettes and feel totally ill afterward. I wished I didn't have to do it.

And then I realized that I don't have to do it. And that's a wonderful feeling of freedom.

The compulsion does not come from us, it comes from this spooky illness called addiction. We just get convinced that we like these things because that's how it started, but it's never how it ends. We have to understand the difference between enjoying something and being utterly convinced (wrongly) that we are enjoying something.

Good Shabbos.

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 12 Feb 2010 19:22

Wow, AT - that's deep! The feeling of "pleasure," as real as it can sometimes seem (most intensely *before* we give in, when we're feeling the urge), is really only superficial. And on a deeper level, it's causing us nothing but pain, emotional and spiritual.

In other news...I've decided to stop reading blogs (I thought I'd posted about this, but can't find it). Easier said than done, though, and i went back today to see if there were any replies to comments I'd posted...Enough. I need to apply one day at a time...and it really, *really* doesn't matter if or what people have said about my comments. Move on, man.

You guys are all fantastic - keep rocking, and have a great shabbos!

=====
=====

Re: making the silent battle...not.
Posted by sci1977 - 12 Feb 2010 19:51

Thats wonderful!! Apply the same concept of the addiction to reading blogs. Very smart. One day at a time. Good Shabbos Reb Silentbattle. We all learn so much from you!!!

=====
=====

Re: making the silent battle...not.
Posted by teenagehelp - 12 Feb 2010 21:29

your chizuk in other peoples thread (especially my own ;D) and your own introspective are such a valuable resource and source of self-improvement!

have a great Shabbos!!!! 8)

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 14 Feb 2010 00:23

Shlomo - thank you for dropping by, and for telling me that! Knowing that I'm helping, and appreciated - that helps me avoid looking for those feelings in the wrong places.

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 14 Feb 2010 07:44

Some minor urges...plus thinking about "what I would do if I wasn't clean..."

Not a good idea. I moved on.

I've learned something from Sci - thanks. Even if I get the feeling like certain people don't like me, that's not my problem. I do what I need to do. Other people will do what they feel they need to do. I always appreciate learning from you, bro!

=====
=====

Re: making the silent battle...not.
Posted by Ineedhelp!! - 14 Feb 2010 17:29

[silentbattle wrote on 14 Feb 2010 07:44:](#)

Even if I get the feeling like certain people don't like me, that's not my problem. I do what I need to do. Other people will do what they feel they need to do. I always appreciate learning from you, bro!

...

=====
=====

Re: making the silent battle...not.
Posted by sci1977 - 14 Feb 2010 20:09

Sb, If you are you, and someone doesn't like you, it doesn't matter. Just go through it. Other will like you! KEEP ON TRUCKING!!

=====
=====

I hope youre not talking about me, SB
Re: making the silent battle...not.
Posted by silentbattle - 14 Feb 2010 21:29

Thanks Sci - I love learning from you.

Trying to figure out what to do about the "long name" contest...aside from the annoyance factor, it also makes everything take longer, as I don't recognize threads as easily. And as it is, my time is getting more and more limited.

Do I go and delete all my posts on those people's threads, so they don't come up on my "new replies to your posts" list? Do I just not post as much until everyone decides to return to their original names? I think the latter choice is probably the best. Without anger. They're enjoying

themselves, and I'm glad. I just can't do everything I used to if it means more time that I don't have.

=====
=====

Re: making the silent battle...not.
Posted by shemirateinayim - 14 Feb 2010 22:02

Hey the whole changing names things is pretty fun

And I hope that around purim time, someone makes some comical impersonations of me. it would be very fun to track. If anyone wants a wacky animal pic, I added some to the thread in the 'fun threads' area

=====
=====

Re: making the silent battle...not.
Posted by silentbattle - 15 Feb 2010 01:23

I agree, it's fun...it's just disorienting for me, and I don't have the time to deal with it. It takes twice as long for me to look up any thread. Plus, I'm sick, and the new layout just makes my head hurt and my eyes burn, even more than before.

So for now, I'll update my thread...

Love your new avatar, SE! ;D

=====
=====