

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 - 15 Feb 2010 03:27

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Thanks, Shlomo! I appreciate your dropping by! Feel free to add any suggestions for a 90-day party!

In other news, focusing on staying positive. Which really shouldn't be that hard. While there's a lot of stress, and a lot of annoying things I have to deal with, there are also a lot of great things going on in my life. I just have to focus on them!

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Re: making the silent battle...not.

Posted by imtrying25 - 15 Feb 2010 12:03

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SB i seem to be smelling lots of complaints from you. Hey hey hey, this isnt the real you , is it now??

Cmon cheer up!!!

We wov you!!

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Re: making the silent battle...not.  
Posted by sci1977 - 15 Feb 2010 15:14

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Hey there, keep on trucking. Hope your feeling better today. Stay positive and it will lead to positive things.

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Re: making the silent battle...not.  
Posted by silentbattle - 15 Feb 2010 18:54

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Now that I'm feeling better, in a better mood...

And IT - no complaints, was just disappointed that I couldn't post on all the threads I usually did. But I think things are back to normal, so I can post without getting a headache - that's good!

More email from old friends...not so much a trigger, this time, as just wanting to respond. It's nice to be missed, but does make me kinda sad.

But when we allow doors that should be closed to stay closed, hashem will hopefully open other doors for us, that are FAR better!

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Re: making the silent battle...not.  
Posted by silentbattle - 16 Feb 2010 05:06

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*"Hey I like to drink a Jack & Coke or two a day and was wondering what are some cheaper alternatives to Jack Daniels? I'm spending more weekly on liquor than I would like to and would like any suggestions of maybe a cheaper lesser known brand that would be just as good."*

Just saw that whilst looking around online for info on drinks of the non-soft variety. I was kinda amused...but then saddened. Because to a certain extent, that's us. We'd like to avoid the cost of our addiction, but as much as possible, we don't want to change who we are...

The key is to get in touch with who we really are, so we can face the facts - we can live life without the things we think are crutches.

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Re: making the silent battle...not.  
Posted by aryehtahor - 16 Feb 2010 05:21

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Just want to point out that Woodford is worth every penny.

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Re: making the silent battle...not.  
Posted by silentbattle - 16 Feb 2010 06:32

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:D :D :D

Oh, absolutely - if I end up doing anything from my 90-day thing, I'll have to get some Woodford!

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Re: making the silent battle...not.  
Posted by imtrying25 - 16 Feb 2010 11:47

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Yeah i can sure tell your feeling better!! I think you were the only guy posting yesterday!! And

Keep it up SB!! And please do keep those doors closed. Before you know it hashem will open doors for you that will blow your mind!! We just need to keep our eyes open. Oh and the light

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on!

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

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keep on trucking today SB!!!

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Re: making the silent battle...not.  
Posted by silentbattle - 16 Feb 2010 13:10

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Someone asked me today, "why don't you just block everyone that you don't want to email you?"

The short, easy, and embarrassing answer is that that would mean blocking a lot of email addresses, some of which I no longer have (since I deleted all the emails). The longer answer is...well, I don't know.

OK, actually, the second answer turns out to be shorter, but you know what I mean. It's the answer that makes me stop and think, and reconsider.

I guess there's a part of me that still wants to hang on a little. Not to open the door, but maybe just keep it open a crack, so I can see what's going on in there? But it's safe, because I know that I won't actually open *that* door again (derisive snort emoticon).

I know better than that. I'm powerless. Yes, it's nice to be missed, and it's nice to be reminded of that. But that's not why I'm here, that's not who I am, and that's not where I'm going...

OK, need to set aside time to block a bunch of email addresses.

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Re: making the silent battle...not.

Posted by silentbattle - 16 Feb 2010 18:23

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Thinking a bit more about that (I know, thinking, never a good idea, right?)...and not sure.

Up till now, my approach was kinda just to move on. I'd said my goodbyes, and walked away. Now agreed, there is an obvious risk to people emailing me - but I think there's also a certain amount of risk involved in spending lots of time digging up a whole bunch of email addresses and spending time and energy blocking them - it seems a bit like getting involved in the fight too much. Or am I just making excuses?

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Re: making the silent battle...not.

Posted by bardichev - 16 Feb 2010 20:12

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Re: making the silent battle...not.

Posted by imtrying25 - 16 Feb 2010 20:58

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I think your right and your making excuses. Pirush; it definitely is gonna be a trigger to dig up old email addresses and have these things on our mind. But we need to do all actions that we can. Maybe do it while talking to someone on the phone, this way you wont play hanky panky. I dont

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mean he has to know what your doing but to basiclly keep you busy! Maybe even someone who your in touch with on the forum and like keep him updated throughout the phone call like, ok i just blocked antoher etc etc.

Hatzlacha and do what you feel best!!!

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Re: making the silent battle...not.

Posted by shemirateinayim - 16 Feb 2010 21:43

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mybe have your computer whitelisted, for the time you are deleting those emails. Your struggle to block them should protect you from contacting them. And the filter will stop you from acting out with the rush of emottions. Mybe have someone tie your hands too :D

But back to being serious, you can have the filter gabai reduce your filter level after you finish the task.

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