

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 shemirateinayim - 17 Feb 2010 02:20

HOW bad would it be to get a new email adress?

send emails to all the people you care/want to stay in contact with, and start your life from scratch.

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Re: making the silent battle...not.

Posted by NOYA - 17 Feb 2010 02:44

Yeah, SB, that's a good idea. With Gmail you can upload your old contact list, so there's really not much excuse, especially for a shuriken wielding samurai like yourself.

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Re: making the silent battle...not.

Posted by imtrying25 - 17 Feb 2010 11:44

Hey SB just checkin in on you. How you be?? Also just wanted to remind you how much i love and look up to you!! Keep it rollin bro!

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Re: making the silent battle...not.
Posted by sci1977 - 17 Feb 2010 14:56

You need to deal with everything at your own pace. Keep on trucking!!

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Re: making the silent battle...not.
Posted by silentbattle - 17 Feb 2010 15:54

Is there a way, in gmail, to block a contact from emailing you? If so, how?

Maybe I should just get a new email address...not sure, though - I hate doing that. Especially now that gmail requires all kinds of verification to set one up, that I can't do.

Suggestions?

Thanks for all the support, guys!

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Re: making the silent battle...not.
Posted by shemirateinayim - 17 Feb 2010 23:29

Gmail? really? I just opened one for shtick!

see: depurimrav@gmail.com

nickname: Rebbeh Guard

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Re: making the silent battle...not.
Posted by silentbattle - 18 Feb 2010 02:47

Honestly, I've never liked changing email addresses/phone numbers, etc. And the last time I tried to set up a gmail account, they wanted to send me a text message to verify...

I'm trying to figure out how to block the most likely suspects. :D Hopefully, that'll work.

In other news...feeling some minor urges, feeling bored...so, I need to start doing other stuff when I feel that way!

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Re: making the silent battle...not.
Posted by imtrying25 - 18 Feb 2010 12:19

Why not drop tomim a line and ask him. I wouldnt mind knowiung myslef too. And look out for those itches, before you know it it can turn into something major!!

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Re: making the silent battle...not.
Posted by sci1977 - 18 Feb 2010 15:13

kutgw!!!

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Re: making the silent battle...not.
Posted by trying123 - 18 Feb 2010 19:25

Dear R' silentbattle,

I think that this world often has so much negativity and could always use a little bit more positivity...

right thing...) have a knack of saying the

Ever thought of going into social work? You'd do a 'gehenim' of a job...

Take it from someone who's met over a dozen professionals... and 5 years of therapy....

You've got a Koach don't ever let that voice tell you your worthless...

I gotta tell ya that you sure as 'gehenim' (in lieu of the English word

My post is off topic, but it **is** silentbattle's thread...

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Re: making the silent battle...not.

Posted by silentbattle - 18 Feb 2010 23:00

Nothing is off topic here. Well, except for a discussion of seedless watermelon. Because I'm not a big watermelon fan - so go discuss *that* elsewhere!

Especially chizuk; I think that works on any thread! Thank you so much - I really appreciate it, and you've really helped inspire me! As to your question - I have considered it, not sure if that's

where my professional path lies.

You're a "gehinim" of a guy! ;D

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Re: making the silent battle...not.

Posted by imtrying25 - 18 Feb 2010 23:16

Can all the gehinom talk please stop?? Im getting nervous! :-\ :-\ :-\ :-\ :-\ :-\

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Re: making the silent battle...not.

Posted by trying123 - 18 Feb 2010 23:39

Ok I'll sure as 'Gehenim' stop... :D

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Re: making the silent battle...not.

Posted by silentbattle - 18 Feb 2010 23:43

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