

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 OneLife - 22 Feb 2010 21:03

MAZAL TOV, my rock!! 8) 8) 8) 8) :-* :-* :-*

i saw you consistently strong in your journey, im sure you gonna continue in such way to your new life.

and sure you gonna continue to give us your very warm words and chizukim. :-[

YESHAR COACH GADOL OUR ZADDIK!!

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Re: making the silent battle...not.

Posted by imtrying25 - 22 Feb 2010 21:26

[silentbattle wrote on 22 Feb 2010 01:18:](#)

Dov, I think trying123 gets the credit for that one - glad you enjoyed it, though, and glad we could be of help - you've been here for us so many times!

Trying123 - thank you! It's always nice to know that I'm appreciated!

Not sure what you're saying there, and doubly not sure how you got it even smaller at the end!

Sci - thanks for always being there, and for blazing the trail in front of me! No, no party yet...still open to ideas!?

SE - or whoever you are

And thank you to all of you for helping to give me chizuk, and inspire me - watching all of you fight and grow has helped me in ways you can't...well actually, you *can* imagine, because you've all been here! You've all felt the power of being part of this amazing tzibur!

:D :D

And yes we need to move on with living. Oy when will i finally get there.....

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Re: making the silent battle...not.

Posted by sci1977 - 22 Feb 2010 21:30

[imtrying25 wrote on 22 Feb 2010 21:26:](#)

[silentbattle wrote on 22 Feb 2010 01:18:](#)

Hey SB, why wasnt i mentioned in this post?? :-\ :-\ :-\

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Re: making the silent battle...not.
Posted by imtrying25 - 22 Feb 2010 21:32

Oh no oh no. now everyone is getting on me. I cant anymore!!! :'(:'(:'(:'(Let go and let G-d.
Hey SB, why wasnt i mentioned in this post?? :-\ :-\ :-\ :D :D :D :D

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Re: making the silent battle...not.
Posted by silentbattle - 22 Feb 2010 23:09

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I'm sorry, IT25! You totally deserved more than that - I could make excuses - like, i thanked you for the mazal tov in a PM. Or, I could say that your mazal tov was so big, I didn't have any room left to thank you :D

But really - those are just excuses. Thank you for your warm wishes, thank you for being there for me since I got here, and thank you for being you.

In otter news (and no, that's not a misspelling - today's update is published in the otter times, a newspaper exclusively for otters), had some urges today, to act out (mz"l, b"h nothing worse than that)...nothing new about that, I suppose. Sometimes, it's just like, "wow - it's incredible how much I want to do this!"

But I focus on what I really want in life. Which is, life!

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Re: making the silent battle...not.
Posted by Dov - 22 Feb 2010 23:16

Wow! So that's what bards means when he says "L'Chayim!"? ..or does he just mean, "OK, here's some more Woodford". Don't dissappoint me here....

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Re: making the silent battle...not.
Posted by silentbattle - 22 Feb 2010 23:20

Can't it be both? ;D

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Re: making the silent battle...not.
Posted by sci1977 - 23 Feb 2010 15:04

KUTGW!!

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Re: making the silent battle...not.
Posted by silentbattle - 23 Feb 2010 15:59

Another beautiful day. I remind myself how I want this day to go, and what will make me happy at the end of the day.

A secretary at work decided to dress in ways that weren't helpful for me...I feel bad for her. I just need to make sure that my eyes stay where they should be. If I don't need to be in the same room/on the same floor as her, I shouldn't be.

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Re: making the silent battle...not.
Posted by Kedusha - 23 Feb 2010 16:04

Mazal Tov, SB! Your attitude is right on target!

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Re: making the silent battle...not.
Posted by shemirateinayim - 23 Feb 2010 18:02

In the 1950 their nissayon was shabbos. I ask you, what would you do if your boss demended that your job security requires you to work (from home) this shabbos? Would you have a nissayon? Would you win it?

Well the nissayon in our dor is not shabbos, or kashrus (although it's a big issue with over 1000 hecksherim dotting the shelves), but rather p---- and ma----- and all shmiras einayim, simply put ZNUS. Now would you want to be of those who crached under preasur are where mechalilei shabbos? then why are you doing the exact exuivelent. The chumra shebo, is even greater here, in regards to looking at physical people (shiksah's included). So this is only worse! And whereas chillul shabbos was sadly a 'forgivable sin' in those days....SA has yet to reach that level of global awareness (we are still in the denial stage), and therefore your nissayon is still SHUNNED by society (secret SA's in their own right)!

DO you want to do that?

I said this to myself yesterday, when faced with a big nissayon to watch TV, and then to be mz"l . I looked at myself in the mirror, said this to myself, and got so enraged against my Y"H that the nissayon dissipated and was replaced by ann overwhelming urge to be choser betshuva shelaima in these inyanim!

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Re: making the silent battle...not.

Posted by imtrying25 - 23 Feb 2010 18:50

SB!! How ya doing?? Waz goin on?? What else is written in the otter news?? And yes once an addict always an addict. So these feeling arer perfectly normal. We just need to refocus ourselves. And to me it seems your doing just that! So keep it up and keep on rollin!

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Re: making the silent battle...not.

Posted by sci1977 - 23 Feb 2010 19:22

[imtrying25 wrote on 23 Feb 2010 18:50:](#)

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well said! SB, loved the post today!!

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Re: making the silent battle...not.

Posted by shemirateinayim - 23 Feb 2010 23:35

Yeh It was a beutifull way to commemorate the big day. I hope you start a new trend! You are an inspiration to the whole site, program (4Kedusha), and revolution (4rage). Not merely in constantly reading peoples threads, and always finding something to say, but even more so in being a standing testimony to growth and recovery.

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