

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 - 26 Feb 2010 06:32

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That's the funny part - we already know the answer. We've all had experiences when we truly felt good about ourselves - not just for five minutes, but when we look back on it, too - a day later, a month, a year. When we grow, we're happy. When we do what's right, when we become closer to hte person we want to be, the person we *are* - we feel happy.

Sometimes, though, it's hard to remember that. The y"h (or disease, same thing) paints a beautiful picture of how sweet his wares are, and how wonderful we'll feel if we give in. In that situation, I need to ask myself - "what's going to make me happy?" And I already know the answer - not what my y"h is telling me, not what my neediness is telling me, not what my boredom is telling me, not what my frustration is telling me. Getting up and walking away, that'll make me happy. Doing something else - that'll make me happy.

Being me - that'll make me happy.

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Re: making the silent battle...not.

Posted by sci1977 - 26 Feb 2010 18:21

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KUTGW!! Good Shabbos

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Re: making the silent battle...not.  
Posted by silentbattle - 26 Feb 2010 20:08

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Thanks, man - you rock!

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Re: making the silent battle...not.  
Posted by 7yipol - 28 Feb 2010 17:03

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Popped in to say hi on one of my favorite threads and to one of GYEs most inspiring and loyal memebbers.

SB is here for everyone.

And we know it!

HI SB!!

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Re: making the silent battle...not.  
Posted by Ano Nymous - 01 Mar 2010 07:26

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HI SB!! CALL ME SOME TIME! :D

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Re: making the silent battle...not.  
Posted by silentbattle - 01 Mar 2010 13:00

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Thank you! And Ano - I think I did call you back, but I'll call you again, over the next few days!

I've been fantasizing recently. Not good. I need to start changing the direction of my mind sooner. On the other hand, I'm workign on being more aware and being better at shmiras einayim while walking in the street.

And one of the big weapons that the yetzer hora has always pulled on me, one that I don't really have an answer to...but I think that right now, I do. The thought is always that - well, I have no idea when I'm going to get married. Or even, *if* I'll ever get married. And while I may be able to control myself and not find other ways of connecting for a while, I can't live without it forever.

But now I realize the answer - I don't need to manage forever. I just need to live today. Tomorrow? We can discuss that tomorrow.

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Re: making the silent battle...not.  
Posted by silentbattle - 02 Mar 2010 05:22

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Been having some urges to check out some blogs that, while not terrible, are better to avoid.

I need to keep telling myself that right now, what will make me happy? Staying away. Checking GYE. Getting up and leaving the room.

Good night, all!

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Re: making the silent battle...not.  
Posted by NOYA - 02 Mar 2010 18:37

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Hey SB! Will you teach me how to be an awesome ninja, sensei?

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Re: making the silent battle...not.

Posted by silentbattle - 02 Mar 2010 22:50

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Actually, I could - but I don't think GYE PMs are the best medium for ninja instruction! :D

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Re: making the silent battle...not.

Posted by silentbattle - 03 Mar 2010 16:42

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What do you do when you find out that art inspired by you is on display somewhere near your house - and you don't even to see the artist again. I could just go by and enjoy the pictures that no one else would know is me, but I'd give a little private smile...

Delete. Add a filter so that those emails are directly deleted from now on.

And then give a little private smile, because hey, it IS flattering!

Hm. Accidentally wrote "faltering" there - maybe I need to be careful about where I get my warm fuzzy feelings from.

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Re: making the silent battle...not.

Posted by Dov - 03 Mar 2010 16:52

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Dear silent ninja-warrior sensei dude,

.....stay artfully inspired and smiling, whatever.

That's all.

Hi there. Here's another warm fuzzy.....

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Re: making the silent battle...not.

Posted by silentbattle - 03 Mar 2010 17:02

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Thanks!

I like this warm fuzzy MUCH better! ;D

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Re: making the silent battle...not.

Posted by Steve - 03 Mar 2010 20:38

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If anybody would make art inspired by **ME**, it would look like one of those Italian fountains with the fat little cherubs aiming back at the middle of the pool....

And yes, it IS fattening.

I almost wrote "flattening" until I remembered its just a screen image.

And I agree with Dov - stay partially perspired and keep smiling at whatever.

Oh, look, I just got a card from my Eye Dr, she says I'm overdue for a spec-up, and I'll probably

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Re: making the silent battle...not.  
need a new prescription  
Posted by Dev - 04 Mar 2010 00:27

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Nu, so why do those cherubs have to be so fat all the time? And how do they fly with such little wings if they are so fat? This bothers me terribly.

Please help me.

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