

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 silentbattle - 04 Mar 2010 03:17

Thank you, Sci! It was good...

Dov - your questions are very deep, but people have very strong opinions on the eating habits of fat babys with wings, so let's leave this conversation off the forum, OK? :D :D

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Re: making the silent battle...not.

Posted by silentbattle - 04 Mar 2010 17:09

Lot of stress right now, but this is my chance to get close to hashem.

Take a deep breath, and repeat that to myself.

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Re: making the silent battle...not.

Posted by sci1977 - 05 Mar 2010 01:45

Keep on trucking and lots to have us think about.

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Re: making the silent battle...not.
Posted by silentbattle - 05 Mar 2010 16:02

The last few days, I've been having a very strong urge to "self-medicate." Today, I just calmly faced the urge and said, "I realize that I have this desire, but that doesn't mean I have to act on it. The desire isn't me."

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Re: making the silent battle...not.
Posted by sci1977 - 05 Mar 2010 18:38
Very true...thank you for reminding me of that!

Great way to understand that. KUTGW!!

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Re: making the silent battle...not.
Posted by silentbattle - 07 Mar 2010 01:16

Thanks, Sci!

The urges are continuing. I'm looking at my last post - need to remember to keep saying that. When the disease tells me how great it will be to give in, how I need to - it's simply not true.

I also need to realize that the urges are coming from the added stress in my life.

I think that starting to exercise regularly will help a little bit. I just need to stop being lazy!

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Re: making the silent battle...not.
Posted by 7yipol - 07 Mar 2010 09:07

Excercise is a great idea SB.

:D

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Re: making the silent battle...not.
Posted by silentbattle - 07 Mar 2010 17:04

Can I at least carry around a bow and arrow? ;D

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Re: making the silent battle...not.
And an added bonus is that it will prevent you from looking like that cherub...!
Posted by 7yipol - 07 Mar 2010 18:21

Depends who it's aimed at!

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Re: making the silent battle...not.
Posted by sci1977 - 07 Mar 2010 18:27

I was thinking about your comment that you didn't have to act on it. I think that is a great comment. it's like you know you don't want to act out, but reminding yourself not to is inspiring. Thanks for the words.

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Re: making the silent battle...not.

Posted by silentbattle - 08 Mar 2010 01:45

7up: :D I only aim it away from people - just like soda bottles, when opening.

Sci - exactly. We know, deep down that it's not something we want to do, but remembering that all the time can be difficult.

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Re: making the silent battle...not.

Posted by trying123 - 08 Mar 2010 03:06

SB thanks for the shiur from R' Kelerman....

I posted it on my thread....

Peace and Love Holy Brother.....

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Re: making the silent battle...not.

Posted by Ano Nymous - 08 Mar 2010 05:37

Gevalt my sweetest friend!

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Re: making the silent battle...not.

Posted by teenagehelp - 09 Mar 2010 01:12

humor. chizuk. conversation. this thread embodies what GUE is about. SB, you updates are extremely useful to everyone. how's **your** day going?

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