

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 briut - 15 Mar 2010 18:52

Funny, SB, but if I'm reading (singing?) you correctly, you're telling the Y'H that you are unreachable and that he should leave both dejected and confused.

Nice thought.

Thought I'd tweak you with one add'l thought, if you don't mind.

That scenario would require ME leaving my old digs and MOVING to somewhere new. Sometimes a good idea, especially if the carpet's getting kinda worn and the landlord doesn't turn up the heat.

But sometimes I want to think that I am the MASTER in my own home and that the Yetzer has no business trying to come in without a warrant. Which, of course, he can never have. I love those stories about some guy banging on a door all night but never being allowed in, because the man inside says "I AM THE BAAL HA'BUSS AND I DON'T HAVE TO LET ANYONE IN I DON'T WANT."

So, maybe there's more than one way to sing this song. If I've got you correctly (and could be, not), you'd rather go hide. I'd rather stay in my own daled amos and simply not let anyone in the door. Different strokes, different folks.

Just a thought. Glad you sound like you're doing well. - Briut

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Re: making the silent battle...not.

Posted by sci1977 - 15 Mar 2010 21:23

ACE if you ask me. KUTGW!! Glad you shared that. I love the thought you are not there.

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Re: making the silent battle...not.

Posted by silentbattle - 15 Mar 2010 22:01

I'd actually rather it not be an ACE - I don't mind sharing it with the people who read my thread, but don't necessarily need it being opened up by anyone who's signed up (or been signed up)

One of the great things about music is that everyone can take what they need from it. To me, the song has a slightly different twist - so often, we've grown, and we've really grown past certain habits we have - and yet, the habit can still remain. So we need to remind ourselves that we're not where we were anymore, that's no longer who we are. I'm sorry, sir, but you have the wrong number. So I don't have to deal with...whatever! And this can apply to any unhealthy behavior or issue.

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Re: making the silent battle...not.

Posted by Sturggle - 15 Mar 2010 22:30

great point SB

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Re: making the silent battle...not.
Posted by trying123 - 16 Mar 2010 03:04

Nice SB...

Keep Keep it up....

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Re: making the silent battle...not.
Posted by Yosef Hatzadik - 16 Mar 2010 16:52

[silentbattle wrote on 15 Mar 2010 15:14:](#)

Woke up this morning, I'd been living in the past,
Didn't know what time it was, and I was too tired to ask,
Tired of yesterdays, I've got to finally get away,
I'll break these rusty chains and try to find today...

CHORUS: Heard you came around here, looking for someone,
Heard you came around here, looking for me,
Well, I hate to tell you that he doesn't live here anymore,
I hate to tell you that's no longer me.

Walking towards the future, my shadows stay in front of me,
They look familiar 'cause I've been with them so long,

Turning to the sun now, I realize it's in front of me,
Though it was casting shadows, realized I was wrong...

CHORUS: Heard you came around here, looking for someone,
Heard you came around here, looking for me,
Well, I hate to tell you that he doesn't live here anymore,
I hate to tell you that's no longer me.

(Bridge): You're knocking at my door, I'm nowhere to be found,
No forwarding address, I'm simply not around,
You're standing at my door, you're standing there alone,
You're knocking at that door, but I'm not home!

CHORUS: Heard you came around here, looking for someone,
Heard you came around here, looking for me,
Well, I hate to tell you that he doesn't live here anymore,
I hate to tell you that's no longer me.

Quite impressive!!

Is your goal to try and keep your mind otherwise occupied, thereby not leaving the time and space for bad thoughts to enter? Or is this just natural, off-the-cuff, musings?

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Re: making the silent battle...not.

Posted by silentbattle - 16 Mar 2010 21:57

Actually, I wrote this song a while ago - I don't have much time for song-writing these days, for better or worse. Got the "busy" thing covered! :D

Random thank you for today - to everyone here on GYE! You make me realize things about my sutrggle that I might've missed otherwise! Without you, I probably wouldn't even consider second glances on the street to be a problem. Today, I've been working at not even glancing once. Not always succeeding, but I'm working on it.

I love you - all of you!

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Re: making the silent battle...not.

Posted by Tev - 16 Mar 2010 22:24

[silentbattle wrote on 16 Mar 2010 21:57:](#)

Today, I've been working at not even glancing once. Not always succeeding, but I'm working on it.

Beautiful to see how you sets up boundaries and aren't fooling yourself!

One of my Rabbeim from Eretz Yisroel always said "the second look is the problem"

For us here especially, we can't afford even that 1st look , good job silent !

Bestrong

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Re: making the silent battle...not.

Posted by silentbattle - 18 Mar 2010 16:05

Thanks, Bestrong!

Life is a bit confusing right now, and I seem to have a lot on my plate. Some good, some...well, also good, I'm sure, but just harder to see the good in ;D

Working on not listening too much to my neediness and insecurities. It's tough, but I hope that I can follow through with it, because it's worth it!

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Re: making the silent battle...not.

Posted by 7yipol - 18 Mar 2010 20:24

Davening the dust settles soon and clarity returns for everything...

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Re: making the silent battle...not.

Posted by Dov - 19 Mar 2010 00:18

[silentbattle wrote on 18 Mar 2010 16:05:](#)

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[silentbattle wrote on 18 Mar 2010 16:05:](#)

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Working on not listening too much to my neediness and insecurities. It's tough, but I hope that I can follow through with it, because it's worth it!

Dear Silent battle ninja dude,

It would make me happier to know that you remembered to smile at least one every day, and say to Hashem: "Thanks for _____, Hashem. I love you so much."

Cuz you are worth it!

It would just make me happier, that's all.

Bye!

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Re: making the silent battle...not.

Posted by silentbattle - 19 Mar 2010 01:04

Well, today, I smiled (right now), and said, "Thanks for Dov, Hashem. You love me so much!"
And then I thought about it and said, "and I love you so much, too!"

Good idea!

Thanks, Mom! I hope so, too!

have a good shabbos, all!

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Re: making the silent battle...not.

Posted by silentbattle - 22 Mar 2010 15:28

B"H, things have been a little less stressful - thank you, hashem!

Still have some urges, but working on them. When i walk down the street, i try to remind myself that I honestly have no reason to look at women even once - the only reasons i have for it aren't very good ones! I mean, if i was a CIA agent, then I could say that I was scanning their faces to see if I recognized anyone from agency files on enemy spies - but as of now, that doesn't apply to me, so I need to just not look.

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Re: making the silent battle...not.

Posted by Dov - 22 Mar 2010 16:24

OMG! Your'e right! What will all the CIA agents among us do!?

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