

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 sci1977 - 22 Mar 2010 16:52

keep on trucking sb.

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Re: making the silent battle...not.

Posted by Dov - 22 Mar 2010 19:39

[DovInIsrael wrote on 22 Mar 2010 16:31:](#)

(and in jerusalem they are all beautiful and all mostly frum, too)

Hey - yet *another* reason for aliyah, everybody!!

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Re: making the silent battle...not.

Posted by DovInIsrael - 22 Mar 2010 19:52

yea - but one has to deal with teh Y"H bigger brother , too

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Re: making the silent battle...not.
Posted by Dov - 22 Mar 2010 20:04

No. I'm *telling* you: just ride a bike!

The squeegee man generally leaves bike-people alone!! Maybe he thinks we are dogs, or something.... ;D

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Re: making the silent battle...not.
Posted by silentbattle - 23 Mar 2010 16:39

I just had this image of myself in a black hat, going over to a first year yeshiva guy who's looking a bit "out of place" in mea she'arim, and just patting him on the shoulder and telling him that he looks like someone who really cares about his ruchniyos....hm. Have to try that sometime.

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Re: making the silent battle...not.
Posted by Dov - 23 Mar 2010 16:41

Beautiful, SB, just beautiful!

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Re: making the silent battle...not.
Posted by Yosef Hatzadik - 23 Mar 2010 16:54

[silentbattle wrote on 23 Mar 2010 16:39:](#)

I just had this image of myself in a black hat, going over to a first year yeshiva guy who's looking a bit "out of place" in mea she'arim, and just patting him on the shoulder and telling him that he looks like someone who really cares about his ruchniyos....hm. Have to try that sometime.

BTW that you pat on the back you gave me in Meah Shearim really changed my day. I was having second thoughts about this whole 'Israel Experience' thing. When you came along with your nice comment, I went right back to the Bais Medrash and sat down to learn with renewed vigor. YOU HAVE NO IDEA WHAT REWARD IS WAITING FOR FOR SUCH A SEEMINGLY 'SIMPLE' ACT!!!

I like your game!

[The above may not be completely true - but it could have been true....]

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Re: making the silent battle...not.
Posted by silentbattle - 23 Mar 2010 22:30

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Re: making the silent battle...not.
Posted by sci1977 - 24 Mar 2010 20:58

KUTGW!!

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Re: making the silent battle...not.
Posted by Tev - 24 Mar 2010 21:36

Silent How are ya buddy??

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Re: making the silent battle...not.
Posted by silentbattle - 25 Mar 2010 16:40

Doing great, thanks.

Had an interesting realization yesterday while riding my bike. It was a concept I'd heard of before, but experiencing it was something else. While riding to the store, I was amazed at how difficult it was. I thought, "wow, I'm really out of shape, plus I didn't eat breakfast yet, and I really hope there's nothing wrong with my bike!"

On the trip back, though, it was so much easier - and i realized that the street was actually on a hill. It was slight enough that I didn't realize it, but enough to make it really difficult to get up!

Sometimes, we think that things are difficult, and we get discouraged because despite all our efforts, we don't seem to be growing, going higher. What we need to remember is that when we're pushing, that means we ARE growing, whether or not we see it.

As long as we're really pushing.

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Re: making the silent battle...not.
Posted by briut - 26 Mar 2010 15:05

I remember a similar story: two guys on bikes, on opposite sides of the street. Observer on curb sees one going fast, the other barely moving. Observer concludes that one guy's a pro and the other just a fat slob. Until he realizes there's a big hill: one is coasting downhill and the other pedaling uphill.

A good lesson in "never judge." We can never know what silent struggles (sturggles? battles?) our fellow Jew is facing, or how masterfully they're succeeding.

Only the folks on the forum know the depths of our battles. And it's clear that you're making real progress with yours. Cool.

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Re: making the silent battle...not.
Posted by trying123 - 28 Mar 2010 03:53

I heard yet another story (trains not bikes..)

Ever been on a train riding directly parallel to another train?

If your train is going 98mph

and the other train is going slightly faster at 99mph

In relation to the other train It will seem as though your train is actually going backwards...

Lesson is= never judge yourself based on the progress of others...

You can be the second fastest train... and yet feel like you are moving backwards....

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Re: making the silent battle...not.
Posted by silentbattle - 28 Mar 2010 14:25

Thank you, Briut!

Trying123 - very true.

Been really busy, life has been going well, in all areas. In case I don't have another chance,
have a yom tov of freedom!

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