

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 trying123 - 20 Apr 2010 23:40

Do you learn 14 hrs. a day?

If I (OK not me... Bill Gates...) offered you \$100 Million...

Would you be unable to do it....?

i suppose that you'd find a way to do it....

OH!!!!!!!!!!!! SO YOU **CAN** LEARN FOR 14 HRS. A DAY!!!!!!

The reason you are not doing it is **not** because you can't do it... but because you **convinced** yourself that you can't do it....

The guys who don't convince themselves that they **simply can not** do it (like the Godol/Rebbe of your choice...)...

Are able to do it... look at R' Elyashiv, R' Vosner, etc.

You **chose** not to be like that...

This make any sense to anyone???? :-\ :-\ :-\ :-\ :-\ :-\

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Re: making the silent battle...not.

Posted by silentbattle - 21 Apr 2010 01:28

First of all, to a certain extent, that may be true - if we grew up under other conditions, and grew up with the assumption that we could accomplish that much, it's quite possible that we would.

2) you would certainly be able to do it for one day. Probably more (depending on the size of the reward).

3) I submit that even getting paid an astronomical amount of money, if it's something that you really, really can't do - then eventually, you just won't be able to do it anymore.

4) There's a big difference between astronomical sums of money that we only dream of, and the amount that any of us could earn in a day of work.

And since I know we've been through this before, and to avoid this issue - does this mean that everyone can be perfect? Absolutely not. But we can all grow. And we can all accomplish a HECK of a lot more than we're doing right now. And THAT is what we need to strive to do!

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Re: making the silent battle...not.

Posted by silentbattle - 25 Apr 2010 23:44

My life continues to go well, B"H. There is stress, as always - sometimes a lot of it. But I've been able to focus on growing, most of the time, even if sometimes I really feel frustrated.

I've begun working on being more helpful in general around the house, even with small things - caryying things around, taking out the garbage, washing dishes, etc.

I haven't really felt super-strong urges recently, although there are occasional bursts, or times when I have to remind myself not to look at a girl in the street.

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Re: making the silent battle...not.

Posted by trying123 - 26 Apr 2010 01:02

I'm happy for you...

I find it interesting that you always talk about how the stress is still there but that things overall are still good....

It is of interest to me because I am working on this exact thing lately...

If you think about it, life will never be stress free.... If you're single: It;s Shiduchim...

If you're engaged: It's about the wedding...

If you're married: It's about adjusting... and/or addressing the issues that arise...

If you're past that... It's about finances..

And then children... and everything that comes along with that...

and the list goes on and on and on....

If I wait for things to be calm... I'll die at age 120 still waiting....

I am trying to work on sidelining my stress... addressing it... but not getting consumed by it...
and all the while heading forward....

We simply can not wait for better times....

Peace my friend...

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Re: making the silent battle...not.

Posted by silentbattle - 26 Apr 2010 01:11

Exactly right. It sounds like you have the right attitude!

It's not always easy, but I find that it helps sometimes to remind myself that the stress is from
good things (whenever that's possible).

As a total aside, I recently passed the 6-month mark of being clean from my main issue, and 5
months of being completely clean.

GYE - You guys are awesome, I love you, thank you!

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Re: making the silent battle...not.

Posted by zalmandovid - 26 Apr 2010 05:27

I totally digg you reb silent. You are way cool and groovy. 8)

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Re: making the silent battle...not.

Posted by silentbattle - 26 Apr 2010 13:10

Not sure why I deserve an eye-roll, but I'm going to take it as a compliment of some kind!

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Re: making the silent battle...not.

Posted by Tev - 26 Apr 2010 16:47

Mazel tov Silent!

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Re: making the silent battle...not.

Posted by Yosef Hatzadik - 26 Apr 2010 16:53

[silentbattle wrote on 26 Apr 2010 01:11:](#)

As a total aside, I recently passed the 6-month mark of being clean from my main issue, and 5 months of being completely clean.

GYE - You guys are awesome, I love you, thank you!

GYE - Guard Your Eyes

Generated: 24 August, 2025, 10:28

As long as we see you up ahead on the horizon we know that we are headed in the right direction. We will never overtake you! ;D

& yes, GYE really IS awesome. We love ourselves too! ;D

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Re: making the silent battle...not.
Posted by Dov - 26 Apr 2010 17:56

[zalmandovid wrote on 26 Apr 2010 05:27:](#)

Tes, indeed. Way cool and groovy.

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Re: making the silent battle...not.
Posted by aaron4 - 26 Apr 2010 20:03

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I disagree with this point despite the seemingly airtight logic. What we “can” and “can’t” do ultimately ties in to emotions. If we don’t feel a connection to Ruchniyus, we won’t last long in the Bais Medrash no matter what we “tell ourselves”. We can override our emotions under extraordinary circumstances (like when offered a million dollars to learn for 14 hours), but only briefly. In the long run, we seek fulfillment of the soul. We act out because we think, incorrectly, that it will provide fulfillment. We don’t learn even though it DOES provide fulfillment because we never REALLY thought that learning would be satisfying, even though we may have told ourselves that it would. We never really thought so because it was never properly explained to us, on an emotional level. It never pierced our heart; we didn’t “connect” to it. Torah and G-d are one...and if we don’t relate to G-d, we can’t relate to His Torah. This is why the 12 Steps work. They guide us to the only possible thing that can cause real change – a spiritual connection. The best part is, we’re not **learning** it, we’re **experiencing** it. Being an addict that has hit rock bottom gives us, ironically, our first **truly internalized** experience. We **know** that we’re powerless over lust in a way that we have never known anything else before. It’s not a theory, not even a really great theory that we’re convinced of 110% - it’s a **fact**. And once you start with your first fact, you’ve “broken through” to a new level of reality. If there’s one fact, there can be others. And once He becomes a fact, you’re in good hands...

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Re: making the silent battle...not.

Posted by silentbattle - 27 Apr 2010 00:45

Aaron - interesting! I'm going to have to come back and read that again later!

Yosef - I certainly hope you guys will all continue to rock!

Be strong - thanks!

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Re: making the silent battle...not.

Posted by silentbattle - 27 Apr 2010 00:48

An interesting addition which I was just talking about today, and I don't think I've ever mentioned. I was talking to a guy who was having trouble stopping his habit of being mz"l. I wanted to share with him the concept that it IS possible to stop, even if it's something that you're totally used to.

And I shared with him something that is kinda embarrassing, but useful in this context. I first started masturbating when i was about 5 - maybe even earlier. Obviously, it wasn't quite the same thing, but even at that age, it felt good, and I'd do it a LOT, even before I realized that it was sexual.

So when it came time to break the habit and move on, I'd had over 20 years of it. More than 80% of my life, I'd been involved in this habit.

It's always possible to break free.

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Re: making the silent battle...not.

Posted by Chazak Amenu - 27 Apr 2010 12:43

that is a long time and it most certainly a testimony that anything is possible. Thank you for sharing.

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