

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 - 25 May 2010 21:29

[Briut wrote on 25 May 2010 16:29:](#)

3. Remembering [if this kind of argument speaks to your particular flavor of frumkeit], that there IS a deadline for getting this work done. Moshiach could be here any minute, and with him is the retirement of the Y'H. After that, there's no more mitzva opportunity for avoiding a 'lav,' because NO ONE will be tempted to sin. Basically, our scoreboard in the 'negative commandment' area is frozen. Where do you want your score to be frozen? And when do you think he's coming?

OK, just stole this from another thread (Morshax's, on the "introduce yourself" board).
I'm...impressed. Very.

This takes "one day at a time" to a whole new level, at least for me. Until now, the idea was, "well, you can't worry about tomorrow, you need to just focus on today" - because if i focus on tomorrow, I'll lose today, too.

This, however, offers a different perspective. "Worry about tomorrow? Who knows if this *opportunity for growth* will even *be* here tomorrow?! Seize the day, take advantage of today, because this is the only opportunity that you have for sure!"

So, when we're faced with a nisayon, think, "Who knows if I'll ever again have the *chance* to grow from a nisayon?!"

This can be applied to every area of avodas hashem, too...

I love it!

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Re: making the silent battle...not.
Posted by briut - 25 May 2010 23:21

Don't say 'steal.' It's yours for the taking, Oh Quiet One.

(Plus, I hardly think it's a new thought! I just don't have a source to share like the talmedei chachamim on the site.)

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Re: making the silent battle...not.
Posted by silentbattle - 26 May 2010 00:52

I don't recall ever hearing that...I don't know if I can think like that all the time, but it's certainly a nice perspective to cultivate!

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Re: making the silent battle...not.
Posted by briut - 26 May 2010 01:22

Well, one piece I can recall is that the Baal haTanya goes through (maybe chap 20 or so: any chabadniks here?) that when moshiach comes, our yetzer hara is just gone. Retired. Our only

struggle is whether to DO good or NOT do it, but there's no more struggle of whether to do BAD or avoid it. In other words, there's no more free will in terms of doing a lav -- it's just not gonna happen.

This also means that there's no more schar for avoiding a lav, because there's no tayva, no yetzer hara, etc.

That's what gets me to the position that basically, our score on the lavvim is basically frozen once Moshiach arrives.

The rest of my words are mine alone and probably misguided [but I'm all I've got so I try to take care]. Does that help?

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Re: making the silent battle...not.
Posted by silentbattle - 26 May 2010 02:41

Hey, it worked for me even when it was just you saying it!

Of course, to a certain extent that's really just a more positive way of saying, do what you can now, because you don't know how long you'll still be around, having the opportunity to make choices and stuff.

So, definitely valid outlook, but your way seems to be more positive. Hence, for lowly people like myself, possibly easier to use.

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Re: making the silent battle...not.
Posted by Dov - 26 May 2010 02:50

Quotes:

"you can win any game you play - as long as YOU are the one making the rules.

If the YH what to play games so badly - agree, as long as you can make the rules."

"Mom had a good suggestion - possibly saying more of a blanket tefilah for all the women, without focusing on a particular one."

"Anyhow, how do we daven for them without obsessing over them even more, as you just said SB? I'd like to know. For me, it's mostly just --

"RBS'O, oy, how your creation has messed up. Look at her, thinking it's normal to dress/act/think that way. Look at the cable TV, putting such thoughts into her head. Look at her 'boyfriend,' conditioning his attention on her degradation. PLEASE, don't make us Yidden tackle a planet in such a condition. Help them gain some self-esteem and some knowledge of You. And help me stay out of their trap."

But Bards and Dov and others seem to say, "Hashem, let her be happy; let her be healthy; let her get that new job she wants, dress she wants, money she wants, etc."

What other options for tefilos exist? Which one is "right?" Is there a "wrong?"

And SB, since this is YOUR thread, what kind of tefilo would YOU be thinking about assuming you control yourself from a third glance"

OK, so even though the goal is kind of selfish (that I be freed of the need to be taken in by the image of that person and the fantasy it brings up for me), the actual tool here is changing my channel from taking to giving. It's **not** about distraction, per se.

The stuff I do (tools like *davening for these people*) is designed to change **me** a bit, right now in this moment, from a taker into a giver.

The assumption here is that **a taker** lusts (I guess we have all experienced the powerful self-centeredness that fills us in lust). It follows then, that **a giver** does not lust. True, I may still possess the desire, but if I am truly concerned for someone right now, I generally will not use them at the same time.

It's not about *looking* vs *not looking*, it's about being guided by and under the power of lust, vs freedom from lust - cuz I am different *right now*. Over time, the person who does this (initially *crazy* thing) becomes *generally* free of lust most of the time, even when triggers are present. It is turning the loss into a gain. And I assume Hashem intends no less for us to do with our temptations. After all, the addict's **true relationship with Him** is hiding right in the Lust. At least that's where I found Him! Where else does the alcoholic find G-d if not in the bottle itself, eventually? It is only through being beaten down by the bottle that the recovering alkie I know can find their dependence on their very own G-d.

To me, it's not about *doing* aveiros or *not* doing them, *looking* or *not* looking - it's about changing into to a different kind of person right now, **through the temptation itself**. Where **else** can we look for true growth?!

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Re: making the silent battle...not.

Posted by silentbattle - 26 May 2010 02:52

And what about the risk of ending up focusing on this person even more?

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Re: making the silent battle...not.

Posted by bardichev - 26 May 2010 06:17

Ok silent batttle I will answer you

But but take it like

I say it (I'm very honest and not fluffy)

3-2-1 here goes

Number 1

Bards has close to 3000 posts not 1 mentions praying for her (if I ever said that please send it to me I will stand corrected)

Conversely. I say "she may be a problem but she aint. YOUR problem)

I pray what chazal tell us to pray

Al tiviani lo liyidai nisayon vlo liyidai vizayon

Yes I can have in mind the pain Hashmem has from the perverse world when I say viniya KULANU yodei shimecha

Do I pray for specific women that trigger me. ? Do I pray for jewish actresses or models do I pray for any one the YH tells me to pray for

GEHENom NO!!!

It is a way for me to hold on

Ayyy rebberebber=DOV

When I ever acheive a fraction of his bittul hayesh I will reconsider what I say

I emulate DOv but I am not ready to take the risk at this poin

I hope u undrrstnd

Me

B

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Re: making the silent battle...not.

Posted by silentbattle - 26 May 2010 13:19

Ah, Reb Bards, I apologize. Thank you both for teaching, and also making me smile at the same time!

So, do you have any suggestions?

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Re: making the silent battle...not.

Posted by bardichev - 26 May 2010 16:04

Suggestions??

The whole GYE is a suggestion

Here is bards quickie

Prepare yourself before you head out

Look away

Don't frustrate urself if u do look just look away

Bite ur lip. Curl ur toes.

Sing a song in your head

Run on your merry way

KOT

(In short don't make a too big deal about it. Cool. Don't add life to it)

Barrrrrrrrrrds

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Re: making the silent battle...not.
Posted by Dov - 26 May 2010 16:32

Referring to my black&blue post above:

I am not disagreeing with anything anyone is saying, and if what you or yenem are doing works, I am so happy. But I need to qualify:

If I would have ever experienced that davening for the woman would hold my lust for her in me for even *one second* longer, I would *never* do it. That's it. It simply does not work that way for me.

Now, if you *don't* really believe in a thing you are saying when you daven for her, I wouldn't use this tool. I have to actually care about her benefit for it to work. (And I do believe that Hashem wants us to care about everybody and every *thing*- by a yid it's just *Kamocha*. We see plenty people of chazal davening for/blessing trees, goyim, etc.).

Also, if you really *can* just look the other way and forget about her then I wouldn't use this tool, either. If you walked past her and she's gone, why start davening for her *then*? That'd be just plain silly, goody-goody behavior; and if I did that, it would certainly be just a trick to hold onto her image for longer.

A person needs to be honest with themselves, otherwise even *fasting on Yom Kippur* will lead them to aveiros.

That's all I've got.

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Re: making the silent battle...not.
Posted by silentbattle - 26 May 2010 16:57

Thank you for your help, everyone - I'm going to think it over, experiment with what works best, and hopefully - continue to grow.

Or, to put it another way, continue to hopefully be less of an idiot. :D

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Re: making the silent battle...not.
Posted by Dov - 26 May 2010 22:43

May I join you?

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Re: making the silent battle...not.
Posted by silentbattle - 26 May 2010 23:16

Too late...you didn't realize that I've been in the trunk of your car all along?

I think I'm going to work on thinking in learning, or something like that, rather than davening for the girls - at least for now. I think that's safer, for me.

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