

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.

=====

Re: making the silent battle...not.

Posted by briut - 31 May 2010 16:57

[silentbattle wrote on 31 May 2010 16:09:](#)

Thanks, Briut - but I'd always welcome your input! And despite what other people here may think, for me, I can sometimes use a pat on the back. Encouragement from good, caring friends, can be useful.

SB, I hate to 'fess up to another aspect of keeping my "pat on the back" comments to a minimum. But...

Given my own situation, I fear that... too much effort to deepen friendships with the guys here could possibly revive certain socializing skills with guys in ways that would NOT help my GYE work. While the folks here are just virtual friends without real life contact, sharpening my small talk skills with guys might not be a good idea for me. So I keep it simple. No e-chat with members, no KUTGW posts, etc. Kapish? Thanks.

=====

Re: making the silent battle...not.

Posted by trying123 - 31 May 2010 22:54

[Briut wrote on 31 May 2010 16:57:](#)

[silentbattle wrote on 31 May 2010 16:09:](#)

Thanks, Briut - but I'd always welcome your input! And despite what other people here may think, for me, I can sometimes use a pat on the back. Encouragement from good, caring friends, can be useful.

SB, I hate to 'fess up to another aspect of keeping my "pat on the back" comments to a minimum. But...

Given my own situation, I fear that... too much effort to deepen friendships with the guys here could possibly revive certain socializing skills with guys in ways that would NOT help my GYE work. While the folks here are just virtual friends without real life contact, sharpening my small talk skills with guys might not be a good idea for me. So I keep it simple. No e-chat with members, no KUTGW posts, etc. Kapish? Thanks.

Thumbs up to you Briut...

=====

Re: making the silent battle...not.

Posted by silentbattle - 01 Jun 2010 03:15

Gotcha.

Always good to hear your input, though...

=====

Re: making the silent battle...not.

Posted by briut - 01 Jun 2010 03:54

I like hearing from you,too, SB.

[I'm recalling the tips they give on how to tell what kind of 'thinker/learner' you are. Visual thinkers will "see your point." Auditory thinkers will "hear from you." Kinesthetic thinkers will want to "stay in touch." (Or were those the lust abusers who stayed in touch?)] Anyhow, thanks for understanding.

=====

=====

Re: making the silent battle...not.
Posted by silentbattle - 01 Jun 2010 04:41

Absolutely - thank you for being open about your reasons.

In other news, stress is running high by me, albeit for good reasons...but I'm still smiling, and davening to hashem.

Mom - just thinking about what you said before, and it's true...this addiction really has made me re-examine myself, and even areas that I'd worked on previously, but needed more work, got my attention. And furthermore, there were activities (i.e., being mz"l) that I'd been involved in for years, and that's unhealthy. But I don't know if I ever would have stopped, except that I fell lower - which allowed me to grow more than I would have otherwise!

Can't say I'm happy with where I've been. But I'm happy with where the road I've taken, has led me.

=====

=====

Re: making the silent battle...not.
Posted by 7yipol - 01 Jun 2010 09:43

[silentbattle wrote on 01 Jun 2010 04:41:](#)

In other news, stress is running high by me, albeit for good reasons...but I'm still smiling, and davening to hashem.

Mom - just thinking about what you said before, and it's true...this addiction really has made me re-examine myself, and even areas that I'd worked on previously, but needed more work, got my attention. And furthermore, there were activities (i.e., being mz"l) that I'd been involved in for years, and that's unhealthy. But I don't know if I ever would have, except that I fell lower - which allowed me to grow more than I would have otherwise!

Beautifully put SB.

The words of a true Baal Teshuvah with the right perspective.

Can't say I'm happy with where I've been. But I'm happy with where the road I've taken, has led me.

That should be added as part of your signature quote!

=====

Re: making the silent battle...not.

Posted by an honest mouse - 01 Jun 2010 09:55

[silentbattle wrote on 01 Jun 2010 04:41:](#)

Can't say I'm happy with where I've been. But I'm happy with where the road I've taken, has led me.

great line sb! that really sums it all up, Hashem gave us this 'coz its what can really propel us forward and let us grow to heights we would otherwise be unable to reach (maybe we can understand '*kol hagodol machaveiro yitsro godol heymein*u' in a new light - that the greater yetser caused the godol meichaveiro ie. behind every great man is a great yetser...) i look forward to be able to join you there 6 months down the road...

=====

Re: making the silent battle...not.
Posted by silentbattle - 01 Jun 2010 13:24

Thanks, guys (and gals)!

I marvel, and I wonder at hashem's plans.

As far as adding it to my signature, I have to see if there's room...and if not, what else I should consider taking off to replace with this.

=====

Re: making the silent battle...not.
Posted by jewinpain - 01 Jun 2010 20:27

SB i love post # 681, especially those lines

Looking back, I see that I was wrong. My unhealthy outlook, my unhealthy behavior, made me think that I needed that drug. And yes, it was "fun" - but living without it, being truly clean, is a far happier lifestyle. **Had someone told me this a years ago, I might not have believed them, and so I can't really expect others to believe me.** But for myself, I know this to be true, and I need to remind myself of it, in case I ever start to forget.

cheers to u for doing the hard work i hope it will pay off for u very soon, wish u a good one

=====

Re: making the silent battle...not.

Posted by silentbattle - 06 Jun 2010 14:59

JIP - I can't expect others to believe me, because it's hard to see when you're caught. But I would hope that those who are caught, and miserable in their current state, might hear my words (along with the words of many other people here who've said pretty much the same thing), and accept them, even if they're hard to believe.

=====

Re: making the silent battle...not.

Posted by silentbattle - 06 Jun 2010 15:00

I have news. Big news.

I get a mazal tov.

When I first started dealing with my issues, I stopped dating for a while. It wasn't easy, giving up on my drug while simultaneously putting any chance of long-term matrimonial happiness on hold, but it was the right thing to do, and I knew it, even then. Didn't make it easy, though.

I recently started dating again, and, well...I just got engaged!

The clarity of hashem's help in this is simply amazing. For most of my life, I gave in to lust, on one level or another. It took a major fall for me to get where I am - aware that being free of lust is a good thing. And as soon as I got there, I was apparently ready to get married, and so hashem sent me the right girl.

The dating process wasn't always easy, and it wasn't always fun. But I feel confident that I'm making the right choice. And that the effort I put in was way worth it.

=====

Re: making the silent battle...not.
Posted by briut - 06 Jun 2010 15:06

WOW.

NOTHING ELSE TO SAY.

EXCEPT, OF COURSE, MAZEL TOV.

... and a big round of wonderment for Hashem and all His marvelous ways.

May you be zoche to build a bayis ne'eman b'yisroel. Good show, old chap.

=====

Re: making the silent battle...not.
Posted by Chazak Amenu - 06 Jun 2010 15:09

Wow MAZAL TOV! congratulations! now there is added incentive to keep going! so...keep going! ;D everyone at GYE is very happy for you! Keep it up, great news!

=====

Re: making the silent battle...not.

Posted by Ineedhelp!! - 06 Jun 2010 15:22

Wow SB,

We have been in some sort of non verbal contact for a while and this is truly amazing news. I am very happy for and wish you and your future Kallah an enormous mazal tov! I hope you guys build a house of Torah, Avodah and Gemilas Chasadim. It is truly amazing to see where you have come and where your future lies for the potential you have to build a family.

Mazal Tov!

-Yiddle

=====

=====