

making the silent battle...not.

Posted by silentbattle - 04 Dec 2009 04:12

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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 Steve - 08 Jun 2010 21:44

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Well, now that the cat is out of the pickle jar, let me give you a great big MAZAL TOV!!

That was fast work, tho, growing into freedom and getting engaged so soon. Wow. based on past experience, i would guess it will be a VERY SHORT engagement, and that Mr. & Mrs. Battle will be married so soon we'll still be hung over from the vort l'chaims.

MAY you be zoche to build a bayis Neeman b'Yisroel, to have a home where the Shechina will constantly be found, thru the shalom and chesed you will do for eachother.

This GEVALDIG!! it's also FUN!!

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Re: making the silent battle...not.

Posted by Dov - 09 Jun 2010 03:57

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That was nice. Really!

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Re: making the silent battle...not.

Posted by silentbattle - 09 Jun 2010 05:18

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Thanks, guys. Amen, and I appreciate you all dropping by!

Just a quick note...I reminded myself today that women passing by are *not* something I want to look at, think about, etc - no matter what that little voice inside me says. I'm better off, *happier*, when I don't look.

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Re: making the silent battle...not.

Posted by jewinpain - 09 Jun 2010 13:48

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Mazel Tov, reb silent, what a surprise i am truly happy for u, may u be happy the rest of ur life same as u were by the vort

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Re: making the silent battle...not.

Posted by briut - 09 Jun 2010 13:57

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[silentbattle wrote on 09 Jun 2010 05:18:](#)

I reminded myself today that women passing by are *not* something I want to look at, think about, etc - no matter what that little voice inside me says.

Yep, there's now TWO more people counting on you to stay within the bounds of kedusha. Your kallah. And, her chosson -- who's sorta a different entity from who you were before the Vort. And it's just the two of you being handed the task of building the bayis. (Or, was that The Bayis. Hmmnn.)

I stand in awe, buddy. Mazel tov, noch a'moll.

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Re: making the silent battle...not.  
Posted by OneLife - 09 Jun 2010 14:09

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ooh, SB

ive just seen the daily email of the administrator,

and directly opened your thread that i havnt opend for a long time actually since the hebrew forum, i wanna tell you that i so excited.

im so glad to hear about your engagement, so much.

im happy for you. love you.

big MAZAL TOV!!!

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Re: making the silent battle...not.  
Posted by an honest mouse - 09 Jun 2010 19:41

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Just wanted to say that I read the email and found your post to be so beautiful and inspiring - you give me hope that it is possible to function normaly and get past the 'start line' to some lengthy sobriety. I must admit that I'm also quite jealous of you - you managed to to stay clean from the 1st attempt (since being part of GYE) and here I am after nearly 5 months still falling every so often. How did/do you do it? whats your secret? whatever it is that you're doing, keep up the good work!

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Re: making the silent battle...not.  
Posted by silentbattle - 10 Jun 2010 03:40

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Reb JIP - thank you!

Briut - very true, and may it continue to be so more and more as time goes on.

OneLife - great to hear from you again!

Reb Honest Mouse - thank you. My secret? Well, a good support network is an important start. Alongside that, there was a realization that I needed to get past my lust. After years of wallowing in the mud, and being very aware, deep down, of how awful it was...and then, in an instant, being forced to face it. I was able to see, with clarity, that change was something I wanted.

And ultimately, that's key - to be able to say that "being clean is something I want." And not just say it, but mean it. There will always be urges, but you need to remember what *you* want.

And help from hashem. A heck of a lot of it. Realizing that it's all hashem, also let's you see nisyonos as just that - a test, an opportunity to grow. And once you see it as that, it becomes a lot easier.

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Re: making the silent battle...not.

Posted by teenagehelp - 10 Jun 2010 03:43

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[silentbattle wrote on 10 Jun 2010 03:40:](#)

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thats absolutely b-e-a-u-tiful. that brings a lot of clarity to this. i guess now, its just time to start

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Re: making the silent battle...not.

Posted by an honest mouse - 10 Jun 2010 19:56  
thinkin' like that :o. but thanks for the tip!!!

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[silentbattle wrote on 10 Jun 2010 03:40:](#)

Reb Honest Mouse - thank you. My secret? Well, a good support network is an important start. Alongside that, there was a realization that I needed to get past my lust. After years of wallowing in the mud, and being very aware, deep down, of how awful it was...and then, in an instant, being forced to face it. I was able to see, with clarity, that change was something I wanted.

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Thanks sb - that is really helpful - i think you've maybe hit the nail on the head - i think i dont want it enough - i think lust is still too much a part of me i dont really know how to change that but im working on it - i haven't given up - you've given me something else to think about. Also a

major difference may be that when my wife caught me i didnt know about this place i was mostly by myself and a therapist - i didnt have group support - but now that ive got group support - ive lost the 'forced to face it' element that feels like rock bottom...

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Re: making the silent battle...not.

Posted by zalmandovid - 11 Jun 2010 03:41

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Congratulations Reb Silent. You are my hero. I am actually in the dating process so your story really reverberates with me. Maybe we can talk some time?

King Regards and Mazal Tov again!

Zalmandovid

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Re: making the silent battle...not.

Posted by teshuvahilaah - 13 Jun 2010 23:50

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Mazal Tov! Mazal Tov! Mazal Tov!

It is so pleasing to hear such great news. Really, really terrific.

May you and your Kallah build a wonderful, beautiful home. A home of Torah, Avodas Hashem and Gemilus Chassadim.

Thank you so much for sharing such terrific news. Mazal Tov!

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Re: making the silent battle...not.

Posted by aaron - 14 Jun 2010 02:21

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Love reading your posts silent... your a real inspiration. just curious, R. Yeruchum has his own sefer on parsha? what is it called.

your getting me interested...

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Re: making the silent battle...not.

Posted by silentbattle - 17 Jun 2010 20:08

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Hi everyone! Sorry, I've been a bit busy. Things are going well, but a bit hectic, and I don't have nearly s much free time as I used to. I'm going to drop in as I can, though.

Reb Confidence - hi there! Reb Yeruchum's sefer is called "daas torah" - it's black, with gold lettering, I think. I recommend it highly!

Honest Mouse - I was thinking about what I wrote, and I need to correct myself. It's not just realizing that "being clean is something that I want." Because sometimes, in moments of weakness, let's face it - we can feel certain that we *don't* want to be clean.

I think that as we slowly come to appreciate the fact that we want to be clean, the thing that keeps me going, no matter what, is that I *need* to stay clean.

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