

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 an honest mouse - 18 Jun 2010 09:52

[silentbattle wrote on 17 Jun 2010 20:08:](#)

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.

thanks for the update, makes a lot of sense - we cant always say that we *want* to stay clean but

if we feel we *must* then it helps through the weak times.

How is chossonhood treating you? do you find that it has had an impact on the 'silentbattle' ie made things harder or easier?

have a great shabbos!

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Re: making the silent battle...not.

Posted by silentbattle - 18 Jun 2010 14:19

[installed wrote on 17 Jun 2010 23:15:](#)

I have four questions.

1) Why did you go to therapy? Was it because of this addiction or some other reason as well.

2) I decided to stop dating for the time being as I want to make sure that I have this under control with (hashems help). When did you feel that it was okay to date again?

3) Do you listen to secular music / watch tv/movies etc.

4) I plan on starting the 12 step plan but I noticed that you didn't do it (at least you didn't mention it). Is there any particular reason?

1) I went to therapy because of the addiction. In general, there are other issues in our lives causing us to have more trouble with our addiction, so part of getting better (for me) was realizing where the issues were coming from - being more aware of the driving force behind my addiction made it easier to fight. It also made me more aware of the nature of the addiction itself, and saved me from rationalizing things.

2) I felt that it was OK after a couple of months - but my therapist recommended that I wait longer, and in retrospect, I'm glad I did, even though it made it really difficult at the time. Back then, I was like, "It's hard enough giving up the fake relationships - at least let me have the hope of something real!" It was really tough, but waiting was worth it - it gave me a much clearer head.

Each person is different, though - It's a question of when you're ready. Do you have a rebbe that you can talk this over with?

3) I do listen to non-jewish music, and occasionally watch TV, and sometimes movies. Not something I recommend, but that's where I am now.

4) I didn't do the 12 step plan, although I tried to learn various aspects of it from people that were involved in it, and I think there's a lot of good things in it.

Why didn't I? I found what worked for me. If I had started falling again, I would have needed another step forward, it would have been clear that I needed more defenses. As things are, what I was doing worked.

[an honest mouse wrote on 18 Jun 2010 09:52:](#)

How is chossonhood treating you? do you find that it has had an impact on the 'silentbattle' ie made things harder or easier?

Makes things different, I think. Easier in some ways, more difficult in others. Lots of stress, and an attractive kallah, but also someone who cares about me and is there for me - and also a feeling of knowing I'm moving forward, taking a step forward in life, and that helps.

I think that no matter what's going on, we always need to focus on that feeling - everything we do in life, is taking a step forward, growing in a real way. It's easy to lose sight of that in the day-to-day grind, but it's true, and worth remembering.

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Re: making the silent battle...not.
Posted by silentbattle - 22 Jun 2010 15:06

Just dropping by...

I try to focus on my kallah - even though I can't be with her physically, yet, when I walk in the street, I just think, "she isn't Mrs. Battle." I remind myself that I don't need to care. And plus, I want to focus all my energies on her, not some random woman in the street.

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Re: making the silent battle...not.
Posted by briut - 22 Jun 2010 17:31

Please know very deeply that there are guys here who are rooting (i.e., davening) for you very hard and who know you're on the path to success with Hashem's help (as if there's any other way to a path to success, but you know what I mean). Best wishes.

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Re: making the silent battle...not.

Posted by silentbattle - 22 Jun 2010 20:17

Thank you, Briut - that means a lot. I appreciate the reminder - actually, your post included

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Re: making the silent battle...not.

Posted by sci1977 - 23 Jun 2010 13:12

SB my friend. Just keep on trucking no matter what. Life has ups and downs and it's not how you prepare for them that counts, it's how you react to them. Enjoy your wife and understand that she needs to be your true best friend and your true rock of your life. I have made my wife that and I think even though we have ups and downs we still are there for each other and every bump makes us stronger. I have found my eyes only need to look at my wife for she is the only one that I know that wants me no matter what and will gladly be there for me for anything.

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Re: making the silent battle...not.

Posted by silentbattle - 24 Jun 2010 20:28

Thanks, Sci - I hope that I can build a relationship as wonderful and supportive as the one you and your wife have.

In truth, sometimes I find my own insecurities getting in the way of my own relationship. Like, can a girl as wonderful as that really be happy and satisfied with someone like me?

As an aside...had an urge today, wanted to self-medicate, while thinking about my kallah, even...but I realized, that's not who I am. I don't have to listen to that urge.

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Re: making the silent battle...not.
Posted by sci1977 - 24 Jun 2010 21:00

KUTGW!!

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Re: making the silent battle...not.
Posted by installed - 25 Jun 2010 00:04

As an aside...had an urge today, wanted to self-medicate, while thinking about my kallah, even...but I realized, that's not who I am. I don't have to listen to that urge.

Yeh, I can only imagine how difficult it must be. It's *almost* an impossible situation!

Stay strong!

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Re: making the silent battle...not.
Posted by silentbattle - 25 Jun 2010 14:22

I suppose this is why it's so important to work on these issues before we get married - because even after i get married, there'll be times when I can't be with my wife, and I'll have to stay cool.

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Re: making the silent battle...not.
Posted by silentbattle - 29 Jun 2010 15:45

Thinking back, I realized today just how much I felt compelled to fall back into my old behavior patterns at the beginning. It's interesting that it's only as time goes on that I'm able to see how much of an addict I was.

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Re: making the silent battle...not.

Posted by sci1977 - 30 Jun 2010 19:33

Keep reminding yourself everyday you are an addict. I do it every morning. I know that G-d is with you every step of the way. It's easy to feel things aren't great, but look at your life and look around and see all that is great and wonderful.

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Re: making the silent battle...not.

Posted by silentbattle - 30 Jun 2010 21:28

I'm guessing you mean to remind myself that I need to be extra careful to remember what's important, and what i need to focus on?

It's true...

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Re: making the silent battle...not.

Posted by sci1977 - 06 Jul 2010 18:10

Keep on trucking SB, keep on trucking.

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