

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 Yosef Hatzadik - 05 Oct 2010 17:23

KEEP MOVING!

Don't slow the momentum!

May each moment be followed by an even better moment!!!

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Re: making the silent battle...not.

Posted by silentbattle - 18 Oct 2010 19:37

Haven't posted in a while, so just wanted to drop in. Not much new, B"H things are going well.

Sometimes, when I see a possible test coming towards me, I'll take off my glasses even just for a minute, and breathe a sigh of relief that I didn't have to deal with it.

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Re: making the silent battle...not.

Posted by an honest mouse - 18 Oct 2010 22:23

its great to hear how you're doing! we miss you around here! keep up the good work

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Re: making the silent battle...not.

Posted by trying123 - 19 Oct 2010 19:24

Your enthusiasm is great to see.. to learn from...

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Re: making the silent battle...not.

Posted by briut - 20 Oct 2010 02:54

Yossis Alayich time yet, oh silent one?? (as in kimsos chassan al kallah, in other words, are you gonna tell us when you become a married man? Zoll zein mit mazel und gezunt bis 120)

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Re: making the silent battle...not.

Posted by silentbattle - 20 Oct 2010 22:00

Let's have a little rikud right here!

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Re: making the silent battle...not.

Posted by an honest mouse - 20 Oct 2010 22:11

mean...) may u always be besimcha!

that you got married clean i

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Re: making the silent battle...not.

Posted by briut - 21 Oct 2010 03:00

Mazal Tov Mazal Tov!! im so happy for u (and a little jealous too

The Yiddishe velt has just gained a bayis ne'eman b'yisroel. One with a good clean start and a strong foundation and a battle silently victorious. You done good, kid.

Mazel tov.

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Re: making the silent battle...not.

Posted by ToAdd - 21 Oct 2010 07:04

Escapes, in one form or another, means that we...I don't face the present. Which means that I don't see all the wonderful goodness that it has to offer. Not as easy as staying in a dream, but much better.

That's my big problem (and I imagine a common one here).

I know that the world H" created is a beautiful place, but sometimes I prefer to worship in the world I create.

Isn't that a big source of depression too? Not appreciating the world that was created just for me?

Or perhaps the problem is that we focus our appreciation on one specific thing instead of how great it all is.

How great the human body is, with all its organs, each with so many parts, millions of cells all doing their job, and yet I focus on one organ.

To find the balance, that's the key.

Shalom Aleichem.

It's not just a greeting, it's a blessing.

Is peace not the balance between opposing forces?

Sorry if this is nothing more than just thinking aloud

Shalom Aleichem.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 21 Oct 2010 14:28

Mazel Tov, SilentBattle!

ToAdd, that was a beautiful post. Shalom Aleichem to you too.

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Re: making the silent battle...not.

Posted by silentbattle - 21 Oct 2010 18:32

ToAdd, that's an interesting point - I'm going to think that over further.

Thank you, Briut, Honest Mouse, Zmiros Shabbos - it's you guys that helped me get to where I needed to be!

In other news, I've been reminding myself recently of something that's easy to forget. A) Looking at women in any kind of desire-driven way, is wrong. It's not healthy, it's assur, and it leads me
Looking at women that are not dressed tzniyus is also a bad idea, for all the above reasons. And not tzniyus can mean pants, or short sleeves - it doesn't have to be extreme to be assur. G-rated can be assur, too.

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Re: making the silent battle...not.
Posted by frumfiend - 21 Oct 2010 19:29

down a road of destruction.
Lust is a spiritual static that prevents god from getting in. We can't feel his presence and his goodness.

the arizal suggests before davening to be mekabel v'havta l'reacha kamocha. When wrapped up in self we can't feel hashem. It's no surprise that the amud of chesed found the baal habirah.

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Re: making the silent battle...not.
Posted by silentbattle - 21 Oct 2010 20:20

As an aside, I've heard that as an explanation for the destruction of the bayis sheni. When we say that there was sinas chinum, that wasn't just a cause - it was a symptom of being disconnected.

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Re: making the silent battle...not.
Posted by Dov - 22 Oct 2010 01:44

[silentbattle wrote on 21 Oct 2010 18:32:](#)

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down a road of destruction

With all very due respect and love for you, the "ninja-dude of GYE" and "sensei of good sense", to consider changing the word 'assur' to 'sakonah'.

If this perspective does not work for you, or seems silly at all, then just forget it! And I *fully* respect that - not that it should matter to you or anybody. I know that different approaches are needed for different folks. But can you at least 'try it on like a shirt' for a minute and see if it feels right to you?

In the meantime, be well (and Mazel Tov, again).

- troublemaker

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