

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 - 16 Nov 2010 00:03

Thank you!

I got a reminder today, though, that even distance from the disease doesn't guarantee anything. I passed a woman in the street today, and knew I should look away, and even while I was thinking that, kept looking for way too long. I realized that i should be taking my glasses off more - why tempt myself and put myself in a position where I need to be powerful, when in fact, I'm powerless?!

And I need to reach out more, like Dov says. Need to get some people I can just call up when I need to talk about ridiculous thoughts and urges.

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Re: making the silent battle...not.

Posted by Yosef Hatzadik - 16 Nov 2010 00:33

Mar **Silentbattle**,

You are a *Holy Jew* in a *Holy matzav* walking around in a *Holy City*. Leave the Yetzer Horah out of the loop.

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Re: making the silent battle...not.

Posted by bardichev - 16 Nov 2010 00:44

If u send me a ticket ill attend

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Re: making the silent battle...not.

Posted by silentbattle - 16 Nov 2010 05:12

I think that stubhub.com is selling tickets to the event. ;D

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Re: making the silent battle...not.

Posted by Yosef Hatzadik - 16 Nov 2010 05:14

snubhub?

You should be begging **Bardichev** to come!

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 16 Nov 2010 18:28

and you know rebbes do not travel alone, they need their 'entourage'...

and being that i am, ahem, his official whisky-carrier, i think it is only fitting....

Mazel Tov SB! wherever you are i will be happy to celebrate your milestone with a lechaim

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Re: making the silent battle...not.

Posted by silentbattle - 17 Nov 2010 07:19

I was joking...you know, because Bards was reffering to a plane ticket, but I used the opportunity to pretend that this would be an exclusive event...

Thank you, Reb ZS!

Hashem sent me a message through other channels recently, letting me know I need to step things up. I'm powerless, so I think I need to start taking my glasses off more often when I walk in the street.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 17 Nov 2010 17:15

[silentbattle wrote on 17 Nov 2010 07:19:](#)

I was joking...

keep up the good work!

[silentbattle wrote on 17 Nov 2010 07:19:](#)

this would be an exclusive event...

it is a very exclusive event, you are causing the whole Mesivta Derakia to sing and dance with your avodah!

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Re: making the silent battle...not.

Posted by Eye.nonymous - 17 Nov 2010 19:58

[silentbattle wrote on 14 Nov 2010 05:11:](#)

Thanks, Dov!

It'll probably be in about 2 weeks, give or take - I'll keep you guys posted when I figure out more!

Have you figured it out yet?

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Re: making the silent battle...not.

Posted by silentbattle - 17 Nov 2010 20:05

Nothing yet...I'm thinking maybe next week, motzei shabbos...does that make sense?

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Re: making the silent battle...not.

Posted by Yosef Hatzadik - 18 Nov 2010 23:46

Us *chutzniks* are extremely jealous!

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Re: making the silent battle...not.

Posted by an honest mouse - 19 Nov 2010 13:11

uhuh

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Re: making the silent battle...not.

Posted by silentbattle - 21 Nov 2010 06:15

I hear you - you do have the option of making your own celebration, of course ;D

I was listening to a shiur recently, and the speaker mentioned a concept that I realized is essential to our work here (it's really essential to everyone's work in this world, too).

He was talking about campus kiruv, and explained that someone's in trouble if they walk around thinking, wow, these people live such great lives, they have so much pleasure. Hashem is going to reward me so much from restraining myself from all this good stuff." If you want to survive, you need to realize, to understand, to feel (not just know) that these people are living lives of garbage.

It's pretty obvious how this concept is necessary for recovery.

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Re: making the silent battle...not.

Posted by silentbattle - 22 Nov 2010 21:20

I was just thinking about one of the things that helped me - the realization that this addiction would kill me. Maybe not physically (although this disease has a way of sucking you into situations that can spiral out of control), but dead nonetheless.

It seems extreme at first, but there are many levels of understanding this. One basic level, for me, was realizing that unless I stop and get clean now, I could end up doing this for the rest of my life. It's scary, and we all like to think that "we'll stop someday." But when *is* someday? If we don't make someday now, it may very well never come. And I'll die, old and unhappy, still addicted. I'll have wasted my life, spent it all running after my drug.

I didn't want that.

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