

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 Dec 2010 21:41

au contraire, my friendly teddy bear! See how much beautiful and useful discussion you've generated? Plus, my thread hasn't gotten this many posts in months! ;D ;D ;D

In other news, I'm realizing that i like to plan - too much. In my work on being happier, I need to focus on today (sound familiar? ;D). Just being happier, in the here and now. Realizing how much I have to appreciate, how much I have to be proud of.

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Re: making the silent battle...not.

Posted by an honest mouse - 16 Dec 2010 22:19

i know exactly what u mean sb - i do the same thing, always looked ahead to what the next nice thing would be, when i would be able to relax be comfortable and be happy - all that thinking about the future meant i wasn't living in the present, i wasn't trully living my life. bH GYE has helped me reduce that a great deal! i can actually appreciate being with my kids and not just waiting till they go to sleep till i can chill out.

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Re: making the silent battle...not.

Posted by Tuvia - 22 Dec 2010 16:07

SB,

I just read your story, and I am completely blown away.

Keep up the good work!

Tuvia

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Re: making the silent battle...not.

Posted by silentbattle - 22 Dec 2010 20:12

Thanks, Tuvia! I appreciate the supprt!

I've been feeling happier recently, although I haven't had any major tests. Working on figuring more out about myself, in the meantime.

What we have inside can be scary sometimes.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 24 Dec 2010 07:23

[silentbattle wrote on 22 Dec 2010 20:12:](#)

I've been feeling happier recently

What do you suppose is the reason for this?

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 30 Dec 2010 05:24

reb SilentBattle,

you seem so.... silent lately

how are you doing?

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Re: making the silent battle...not.

Posted by silentbattle - 30 Dec 2010 07:23

Doing well, just busy.

Thank you for dropping by!

Eye - Mostly because I've been working on being happier. Also, because I've been figuring out more and more about where some of the deeper issues come from, and how much they affect me. And I've been trying to work on it.

Kinda scary sometimes.

More on this, later.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 30 Dec 2010 20:51

[silentbattle wrote on 30 Dec 2010 07:23:](#)

Mostly because I've been working on being happier.

Well, I guess that would make a person happier.

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Re: making the silent battle...not.

Posted by silentbattle - 05 Jan 2011 07:00

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Let's see. Amongst the various epiphanies I've been having of late, one in particular was kinda scary.

As most of us here already know, Lust is all about selfishness. As I've said before, I know that for me, my issues come largely from a fear that if I don't make myself happy by any way possible, there'll be no happiness in my life.

This fear about not being happy, also makes it more difficult to give. Well actually, "giving," I'm

OK with. It's "Giving" that I have a problem with. Actually sacrificing things that I feel are important to me, or that make me happy, because it will make my wife happy.

In fact, I picked up on something else, recently. While listening to a shiur about becoming more of a giver, I realized that while I like giving, becoming more of a giver is kinda scary to me - for the same reason (I'm referring to a change in who I am so that, even if my wife will never know about something i did, I'll do it anyway, because giving will have become a more essential part of who I am). I obviously need to work on being more of a giver, anyway.

My work for the next week:

I've decided that when I come home, I'm going to try to walk through the door with a smile on my face, no matter what.

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Re: making the silent battle...not.

Posted by ToAdd - 05 Jan 2011 10:29

That echoes some thoughts I've had on this journey.

it also reminded me of something where I did not see the link without much thought:

The RaMChaL said that envy leads to lust.

His scriptural proof, from the 10 commandments: Do not covet your neighbours house, do not covet his wife...

You are adding an extra link here – not giving is linked to envy in that in both cases you want that thing for yourself rather than the other person having it. “thing” may be something as in “your neighbours house” or it may be pleasure in the case of “your neighbours wife”.

Thanks for the post, it's enlightening and has inspired me to give more too, even if it is just a

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 05 Jan 2011 15:55

thanks for sharing that, SB

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Re: making the silent battle...not.

Posted by silentbattle - 06 Jan 2011 06:23

Thanks - I don't post as often as I should, especially since I realize how much posting helps me be more self-aware.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 06 Jan 2011 15:13

your posts help me and i'm sure others as well, you bring a clarity and depth to the ideas

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Re: making the silent battle...not.

Posted by silentbattle - 06 Jan 2011 18:12

Well, that's part of the idea of posting - to get clarity in ourselves!

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