

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 - 20 Jan 2011 18:25

You're probably right - but I just find myself feeling like the issues between me and my wife are private, and should be kept that way.

On the other hand, opening up would probably help me improve my marriage and the way I see things and respond/react to them.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 20 Jan 2011 18:47

they definitely are private and should be kept private. but that does not preclude getting advice and perspective when needed from a trustworthy person. It's not like you are talking to the

If you think that the rav/mentor you speak with will be surprised to hear your story or issue because of it's 'weirdness' or because it is so 'bad' i think you will be surprised to hear that the stories that they hear cover all the bases and it is hard to spring something new on them. (i do not mean that your story is bad or worse than anyone else, i am just thinking about my own experience and what made me hesitate to open up).

As you say, you will gain by opening up and so will your wife.

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Re: making the silent battle...not.

Posted by silentbattle - 20 Jan 2011 19:50

It's one thing to open up to a rebbe - but my rebbe is very busy, and while he will make time for me, I can't always reach him immediately when I need to vent or get a better perspective. Hence, my considering the option of opening up to a friend. Not someone who'll blab, obviously, but even so...

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Re: making the silent battle...not.

Posted by an honest mouse - 20 Jan 2011 23:06

why not open to a GYE-er who doesn't actually know who Mr & Mrs S. Battle really are?

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Re: making the silent battle...not.

Posted by Eye.nonymous - 21 Jan 2011 08:02

[silentbattle wrote on 20 Jan 2011 18:25:](#)

You're probably right - but I just find myself feeling like the issues between me and my wife are private, and should be kept that way.

For me, this keeping things to myself was a big part of "I can do it on my own. I don't need anyone's help." I figure if I can tell someone I've been m*st or looking at p*rn and I feel awful

and please help me, then... anything really goes, doesn't it? And, baruch hashem, we can start sharing real life with each other.

--Eye.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 26 Jan 2011 17:58

hi SB,

how are you doing?

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Re: making the silent battle...not.

Posted by Maccabee - 27 Jan 2011 04:44

[silentbattle wrote on 17 Jan 2011 06:39:](#)

Man...sometimes, I feel so silly! I can realize that my neediness and fears are taking over, and coloring my perspective, but that doesn't always help me get out of my negative mindset.

Any advice, or thoughts to share?

First off, I just finished reading some 30 pages of your thread. The beginning and the end. Wow.

Second, personally I feel that just like regarding lust once we take the first sip we've lost the battle, similarly is this so when handling other negative aspects of our life.

I think this could be approached with a few things. First, just like we realized that acting out (read: relying on ourselves) is killing us, (or something along those lines,) so too our fear or neediness whatever it might be is also causing us to (in one way or another) kill ourselves. Either in and of itself or because it starts leading us to our strongest weakness :o which is acting out through lusting. So the next step would be that when we start getting into a situation where we feel weak or needy we say "Ok, I'm feeling this way, but I'm not going to let it control me, here Hashem, you take care of it. I have stuff to do." Because if Hashem is able to handle our lusting, I don't think he'll do that terrible of job dealing with a little neediness.

Second, just like regarding lusting, we make personal boundaries for ourselves, like a filter and accountability software on our computers, or not wearing glasses in the street or going the longer route to shul, so too regarding feelings of fear and neediness. Nip it in the bud! Try to look back as to why you started feeling this way, what got the train of thought moving? Then you can see what actions or thoughts or scenes or whatever cause you to start feeling this way and next time they come up you'll be able to skirt around the issue with a much clearer head because you aren't caught up yet in the feelings of fear, you just know that's where you're

[silentbattle wrote on 20 Jan 2011 18:25:](#)

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On the other hand, opening up would probably help me improve my marriage and the way I see things and respond/react to them.

Obviously I don't know what you're talking about or what the situation is exactly. I'm not even married yet to be giving (offering?) advice to a married couple! However, I can say from

personal experience dealing and improving my relationship with my parents that oftentimes they have NO IDEA that something they say or do makes me start feeling a certain way. What I have found however, is that simply telling them that something they did makes me nervous, or better yet just telling them "I'm really bummed out about this" or "I'm feeling very anxious" works absolute wonders. Just because they hear what I'm saying and (most of the time) acknowledge my feeling a certain way and sometimes ask whats up or offer their two cents. That brief communication works wonders with me feeling a lot closer to my parents (and I dare say they feel the same way).

Anyway, that was long enough and as usual if someone disagrees or wants to add or modify, go right ahead. I'm open to change.

KOT

-Mac

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Re: making the silent battle...not.

Posted by silentbattle - 27 Jan 2011 06:33

ZS - Boruch Hashem, doing OK - you?

Macabee - thank you for your response! Wow...30 pages of my thread, I'm impressed!

Your advice is good. However, there are often times when an outside perspective is good. When you're already feeling negative, and trying to have a discussion while under the influence of those emotions isn't always a good idea. Your point is well taken, though, and I always welcome any input, especially yours!

Otherwise, for me, things are complicated, and confusing, and, well, good!

I'm learning more about being married, and trying to figure it all out. It isn't always easy.

One thing I'm working on now is figuring out how to balance the fact that expectations are a very negative force in a marriage. At the same time, when I'm in a situation where I'm starting to feel resentful (or better yet, where I *will* start to feel resentful), I need to speak up, to improve things.

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Re: making the silent battle...not.

Posted by Eye.nonymous - 30 Jan 2011 12:24

[silentbattle wrote on 27 Jan 2011 06:33:](#)

One thing I'm working on now is figuring out how to balance the fact that expectations are a very negative force in a marriage. At the same time, when I'm in a situation where I'm starting to feel resentful (or better yet, where I *will* start to feel resentful), I need to speak up, to improve things.

By "things," you are referring to your wife?

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 30 Jan 2011 18:24

No - I can't make my wife change. But I by speaking up, before I let my resentment build, I can improve a toxic situation - when I say "things," I refer to situations.

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Re: making the silent battle...not.

Posted by sci1977 - 31 Jan 2011 15:35

Hello SB. Been awhile. I see your hanging in there. KUTGW!

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Re: making the silent battle...not.

Posted by pinokio - 03 Feb 2011 09:24

Goood morning SB. It's tzaddik90 here. Ive read maybe 100 posts of your saga. We definitely overlap in nisayon. What's fascinating is that over the two year book of your life, you dont reveal or deal with various issues until echelons later. Everything in your story was gradual, and many feelings of yours repeated themselves. But were all like that arent we. In my mind i particularly remember your post of dec. 24, 2009, i think.

I cant forget a line of yours-"We are the front lines!"

What can i say. In fact, i even have a little urge to pm you about some acting out i did in my past that relatesto the begining of your whole ma'aseh. If i can only get over my fears of even just pm-ing you about it, id do it.

However, im not sure if theres a purpose to reveal it. Its not in the now, it was then. But the truth is that im not being straightforward. SB, use your ninja tactics to put me in submission and to tell it to you.

ANd by the way, i Am trained as a real ninja (shima style)-and yes ive read 300 of steven haye's ninja books;

Tzaddik90

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Re: making the silent battle...not.

Posted by silentbattle - 04 Feb 2011 06:30

Yay, Sci! Thank you! :D

Welcome, Reb Tzadik! We need as many ninjas as we can get here!

In all seriousness, part of being a ninja is not to be loud. And for us, that's important, too. We have a job to do, and we need to do it. We can and should feel joy at staying clean, but not to get caught up in the battle, and be proud of the battle.

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 09 Feb 2011 20:10

[silentbattle wrote on 04 Feb 2011 06:30:](#)

In all seriousness, part of being a ninja is not to be loud.

we miss you here, SB

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