

making the silent battle...not.

Posted by silentbattle - 04 Dec 2009 04:12

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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 ZemirosShabbos - 09 Feb 2011 21:35

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sorry to hear that things are rough

it sometimes helps to remember that often when a woman (or a man, but more prevalent among women, according R' Pamensky) makes a seemingly hurtful remark it is often the pain or anger that is inside the person talking that causes the scale and tone used to be greatly exaggerated.

e.g. you are a lazy good for nothing/bum/worthless nincompoop, and the like are decoded as: why didn't you take out the garbage/change the bulb/go to the grocery when you said you would. They just sound a lot more convincing when said as the former.

If you haven't heard R' Pamensky already you should check out his (free) series at [happywife.com](http://happywife.com). He explains a lot of how men and women are different in how they relate and communicate.

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Re: making the silent battle...not.

Posted by silentbattle - 09 Feb 2011 21:53

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I do want to check out those shiurim, but right now I was specifically focusing on the point that I

And things aren't necessarily rough, just busy and stressful.

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Re: making the silent battle...not.  
Posted by ToAdd - 10 Feb 2011 06:22

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Sorry for butting in...

I'm heading off to that site too

Something I found is that when a person speaks because they are hurt, they often hurt the person they are talking to, especially if they are very close.

This can quickly spiral out of control if the other person responds while feeling the hurt of the first persons 'attack'.

A rule I try follow is to not respond while feeling emotional about the subject.

Your reply was perfect for those situations and will break the vicious cycle:

I do want to do x for you, but right now I am focusing on...

And then schedule a time to take care of it, because it still needs to be done.

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Re: making the silent battle...not.  
Posted by silentbattle - 10 Feb 2011 06:57

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That is an excellent point, thank you!

Another thing I need to work on is living in today more, instead of worrying about the future.  
More on this later, hopefully! :D

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Re: making the silent battle...not.

Posted by Yosef Hatzadik - 10 Feb 2011 16:32

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[silentbattle wrote on 10 Feb 2011 06:57:](#)

That is an excellent point, thank you!

Another thing I need to work on is living in today more, instead of worrying about the future.  
More on this later, hopfully! :D

So now **we** need to be obsessed with the future. We need to wait for 'later' to hear more from

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Re: making the silent battle...not.

Posted by Eye.nonymous - 14 Feb 2011 20:33

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[silentbattle wrote on 10 Feb 2011 06:57:](#)

That is an excellent point, thank you!

Another thing I need to work on is living in today more, instead of worrying about the future.

you! >

...or dwelling on the past.

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 15 Feb 2011 06:30

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True...

What i mean is that I need to enjoy living in the present, enjoying the relationship I have with my wife right now, instead of worrying about the future.

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Re: making the silent battle...not.

Posted by NOYA - 16 Feb 2011 05:26

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Hey SB!! I made it to your wall. Hope you're well and rocking it up.

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Re: making the silent battle...not.

Posted by silentbattle - 24 Feb 2011 13:23

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Thank you, NOYA!

I need to post here more often. As always, it's a way of keeping tabs on how I'm feeling, and sometimes even why.

Right now, I'm feeling stressed, a little overwhelmed, things are very uncertain in my life. But things are looking up, and I need to remind myself that I am able to accomplish things and succeed.

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Re: making the silent battle...not.

Posted by an honest mouse - 24 Feb 2011 13:31

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hey sb! its great to have u back on your own thread!

do u have a safe person to share your stresses and overwhelmednesses to?

I find that half the weight to the problem is keeping it bottled up - once i discuss it with someone it gets a little lighter.

Perhaps use the uncertainty to strengthen your connection with Hashem - im quite sure thats why he sends us uncertainties - He wants us to realise how much we need Him.

Hatslocho with it all!

Much love and admiration as always,

ahm

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Re: making the silent battle...not.

Posted by silentbattle - 24 Feb 2011 18:57

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Yep, davening to Hashem is definitely something I need to work on. I need to ask him for what I need, hank him for what i have, and just talk to him...

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Re: making the silent battle...not.

Posted by Eye.nonymous - 26 Feb 2011 20:28

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Hello SB. Just wanted to ask how you are...

And WHERE you are?

Shavua Tov,

--Eye.

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Re: making the silent battle...not.

Posted by silentbattle - 27 Feb 2011 01:30

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How am I doing?

Doing good, overall. Occasionally find myself in old situations, feeling old urges. I remind myself that's not who I am anymore, but i need to be careful.

I find myself worrying about problems in my relationship. Some of them might need to be addressed, but I need to learn how to e calm about things, and bring them up at the right time, in the right place.

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Re: making the silent battle...not.

Posted by Dov - 27 Feb 2011 12:37

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Gevalt! You aren't a different person yet!? Ahh!!!!!!!!!!

Oh, you are right...stay calm.....yeah. Phew.

So, do you have any help beside 'virtual help'?

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