

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 NOYA - 28 Feb 2011 03:13

Hey SB! What sort of issues are you having?

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Re: making the silent battle...not.

Posted by Dov - 28 Feb 2011 04:54

Staying in the game helps me stay out of trouble, it seems. Whatever has worked so far for you - think of the best moments and what you were doing then, how you got there...then imitate it rather than slide back into your old training of 20 years...

Much love and admiration to "young warrior of secret annihilation and ninja stump-shrinking with flashing weapons in the darkness" (that's you, SB),

Dov

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Re: making the silent battle...not.

Posted by pinokio - 28 Feb 2011 09:39

Sb, tzaddik's finally here. mah yesh licha lihageed achi? efsheer la'avore

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Re: making the silent battle...not.

Posted by ZemirosShabbos - 28 Feb 2011 18:29

SB, you've come so far and you do so much for everyone here

you are such a force for the good

keep up your great work and reach out for the help you may need

wishing you continued success

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Re: making the silent battle...not.

Posted by silentbattle - 01 Mar 2011 02:47

Thanks, Dov!

Welcome, Tzadik!

And thank you, ZS, for your words of encouragement!

I had a good day today, and despite a few things that made me feel a bit bad, I was able to keep a good perspective.

I need to work on focusing on all the good things in my life, even when some things are rough.

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Re: making the silent battle...not.
Posted by silentbattle - 03 Mar 2011 12:43

I still have to work hard to see the positive things in life, and not get frustrated by the negative - especially when the good things *happening right now* are bigger than the negative things!

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Re: making the silent battle...not.
Posted by Yosef Hatzadik - 03 Mar 2011 16:28

We all do. Even non-addicts. It is a life's work. As long as you're keeping that in focus you are headed in that direction!!!

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Re: making the silent battle...not.
Posted by Sturggle - 03 Mar 2011 22:47

How about the fact that you're good. REALLY good. Believe that?

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Re: making the silent battle...not.
Posted by silentbattle - 04 Mar 2011 15:44

Sometimes, to some extent. I should believe it more - that would probably help me in a whole bunch of ways.

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Re: making the silent battle...not.
Posted by ZemirosShabbos - 04 Mar 2011 18:38

[sturggle wrote on 03 Mar 2011 22:47:](#)

How about the fact that you're good. REALLY good.

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Re: making the silent battle...not.
Posted by NOYA - 04 Mar 2011 19:56

Have a gevaldiga Shabbos!

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i second the motion
Re: making the silent battle...not.
Posted by silentbattle - 04 Mar 2011 19:59

Thank you - have a great shabbos, all!

My rebbe pointed out, correctly, that I need to stop looking outside myself for validation and security, and start finding it inside.

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Re: making the silent battle...not.
Posted by Sturggle - 05 Mar 2011 23:01

Amen to that!

Shavua tov!

Chodesh tov!

MISHENICHNAS ADAR,

MARBIM B'SIMCHA!!

MISHENICHNAS ADAR PA'AMAYIM...

AAAAHHHHHHHHHHHHH!!!!

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Re: making the silent battle...not.

Posted by Tev - 11 Mar 2011 17:30

Silent!

HAVE A GREAT SHABBOS , i LOVE U!

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