

Thompson, with a 'P', as in psychology
Posted by thompson - 01 Jul 2024 18:22

Hello, dear brothers, fighting the good fight.

I'm Thompson, and I come in peace - I don't bite.

I've tried many times to quit, and every time fell flat on my face prematurely.

By now, many porn sites have my email address stored (hopefully) securely.

So I figured, what harm can it do if I attempt to kick this via another anonymous online account -

Resembling the others - all of which only in an incognito window do I mount.

I'm now on day three in my quest toward a clean life,

I pray to our heavenly father that this time, I should get there without much strife.

Amen

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 01 Oct 2024 22:17

[richtig wrote on 01 Oct 2024 15:47:](#)

[thompson wrote on 01 Oct 2024 15:25:](#)

I was writing a dramatic post about moving on when I realized that's part of the problem. Making a whole drama out of it magnifies it.

Moving on.

Let the voters decide

The people have spoken.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 01 Oct 2024 22:17

Happy New Year.

Same old, same old.

Just another year older.

One year nearer to dying.

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Re: Thompson, with a 'P', as in psychology
Posted by rebakiva - 01 Oct 2024 22:30

One vote down

{1 year further away from the last gilgul which presumably wasn't as good as the current one}

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Re: Thompson, with a 'P', as in psychology
Posted by Muttel - 02 Oct 2024 08:26

[thompson wrote on 01 Oct 2024 22:17:](#)

Happy New Year.

Same old, same old.

Just another year older.

One year nearer to dying.

Over the last few years when my struggles peaked, I had this thought recurring and especially during this season.

Pretty morose, depressing thought, but certainly the truth.

The only thing that can make it less depressing is to come upstairs with our hands full of good deeds.

Here's wishing you a way out of cynicism and insecurity, to a life full of confidence and self growth to where this time of year will give you tremendous simcha!

With much brotherly love,

Muttel

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 08 Oct 2024 17:42

Not many things can unearth some uncomfortable stuff from deep within, like a three-day Yom Tov (especially one like Rosh Hashana, where you spend plenty of time in your own company).

People sitting shoulder to shoulder, chanting the same tune, yet everyone is carrying a highly individual load.

We share a room, but everyone's mind paints an entirely different landscape of what we commonly and ironically call "objective reality."

Masks, wherever you look. Some have smiles, some seem earnest, and others are painted in nonchalance. What does mine look like? The face in the mirror is nearly unrecognizable - to me, others see it differently.

I secretly covet my neighbor's perceived fortune and fight the urge to walk out and catch another glimpse of his wife while he's envious of some goodies he thinks I have.

Everyone lives as though in a glass box; we can see each other but never get too close.

Now, where's the booze? There, Musaf will be easier.

Post Yom Tov phone call with mom:

How was Yom Tov?

Oh, Yom Tov was very nice.

(true story)

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Re: Thompson, with a 'P', as in psychology
Posted by chosemyshem - 15 Oct 2024 20:35

There's a feeling called sonder. When you see all the people passing by and it hits you that they all have their own lives, just as full with emotion, feeling, thought, wonder and pain as your own.

All those cars you pass on the highway, every lighted window, has a person whose life is just as deep as your own. Your own experience is just one ten-billionth of the world's. And you'll never know the other ten billion life experiences going on. You'll interact with just a few of them, and never really know any of them.

Anyway. I refuse to believe that.

I'm the only real person dammit.

How are you doing, oh internet figment known as Thompson?

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Re: Thompson, with a 'P', as in psychology
Posted by kavey - 28 Oct 2024 13:17

Thompson?

FWIW I'm not convinced a "fall" is truly a fall. I think HKBH puts us into difficult situations in order to bring out our kochos hanefesh. I think your "fall" could be seen as another step in your journey of self-discovery. And if what I'm saying is true it means there's hope. Kavey el Hashem chazak v'yaamez libecha...

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 28 Oct 2024 16:56

[kavey wrote on 28 Oct 2024 13:17:](#)

Thompson?

FWIW I'm not convinced a "fall" is truly a fall. I think HKBH puts us into difficult situations in order to bring out our kochos hanefesh. I think your "fall" could be seen as another step in your journey of self-discovery. And if what I'm saying is true it means there's hope. Kavey el Hashem chazak v'yaamez libecha...

A fall might not be a fall, and some might argue that it goes both ways. A long, clean streak and just a good setup to enjoy porn more at the end.

Some might argue as such.

Others vehemently disagree with them, saying that it's a preposterous proposition.

Ususlly at this point in the exchange, I leave the room.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 28 Oct 2024 16:57

Thank You, Hashem, for helping me stay off porn for the entire duration of Sukkos. I masturbated twice, but without porn. So I was able to feel self-righteous about it.

On the last day (Shabbos), I was feeling spectacularly miserable, to the extent that the gloom followed me into the usually protective cloud that bourbon creates. I never had that happen before. The day dragged on because that's what time does; it just keeps plodding ahead stoically as though with a mind of its own. The thing that finally did the trick was watching porn for over two hours at night after finally chasing everyone (including, of course, my wife) into bed. I didn't even need to masturbate at the end; the voyeurism itself was enough. Another reason to feel self-righteous.

Now what? Now, we go into a long, dark, grey, cold winter.

Looking forward.

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Re: Thompson, with a 'P', as in psychology
Posted by dreamyunicorn28 - 28 Oct 2024 17:00

So relatable! I'm dreading the days ahead : (

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Re: Thompson, with a 'P', as in psychology
Posted by chosemyshem - 28 Oct 2024 21:08

[thompson wrote on 28 Oct 2024 16:57:](#)

Thank You, Hashem, for helping me stay off porn for the entire duration of Sukkos. I masturbated twice, but without porn. So I was able to feel self-righteous about it. HERO!!

On the last day (Shabbos), I was feeling spectacularly miserable, to the extent that the gloom followed me into the usually protective cloud that bourbon creates. I never had that happen before. You know that sentence is a sentence that is just CRYING out for help. The day dragged on because that's what time does; it just keeps plodding ahead stoically as though with a mind of its own. The thing that finally did the trick was watching porn for over two hours at

night after finally chasing everyone (including, of course, my wife) into bed. I didn't even need to masturbate at the end; the voyeurism itself was enough. Another reason to feel self-righteous.

Now what? Now, we go into a long, dark, grey, cold winter.

Looking forward.

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Re: Thompson, with a 'P', as in psychology
Posted by neshomo kedosha - 28 Oct 2024 22:26

[thompson wrote on 28 Oct 2024 16:57:](#)

Thank You, Hashem, for helping me stay off porn for the entire duration of Sukkos. I masturbated twice, but without porn. So I was able to feel self-righteous about it.

On the last day (Shabbos), I was feeling spectacularly miserable, to the extent that the gloom followed me into the usually protective cloud that bourbon creates. I never had that happen before. The day dragged on because that's what time does; it just keeps plodding ahead stoically as though with a mind of its own. The thing that finally did the trick was watching porn for over two hours at night after finally chasing everyone (including, of course, my wife) into bed. I didn't even need to masturbate at the end; the voyeurism itself was enough. Another reason to feel self-righteous.

Now what? Now, we go into a long, dark, grey, cold winter.

Looking forward.

You really need to try single malt scotch... It's made in such a gloomy place, there's no choice left but to be happy

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 29 Oct 2024 21:09

[thompson wrote on 28 Oct 2024 16:57:](#)

Thank You, Hashem, for helping me stay off porn for the entire duration of Sukkos. I masturbated twice, but without porn. So I was able to feel self-righteous about it.

On the last day (Shabbos), I was feeling spectacularly miserable, to the extent that the gloom followed me into.....

The day dragged on...

. The thing that finally did the trick was watching porn for over two hours at night

Hey, welcome back, I guess.

I also have the feeling of being trapped in cold sludgy ploddingness. Unfortunately, in my case it is because I'm dealing with all sorts of painful stuff that I can't share outside of with my wife, who ain't doin so great.

Do you know what it is that is making you feel so miserable? And does the porn help in specific ways aside from being a lovely distraction? Identifying where a need is coming from can be helpful...

Here's a clammy hand... I'm trying to warm up a bit...

I hope today was better.

Chaim

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 30 Oct 2024 17:39

[chaimoigen wrote on 29 Oct 2024 21:09:](#)

Hey, welcome back, I guess.

I also have the feeling of being trapped in cold sludgy ploddingness. Unfortunately, in my case it is because I'm dealing with all sorts of painful stuff that I can't share outside of with my wife, who ain't doin so great.

Do you know what it is that is making you feel so miserable? And does the porn help in specific ways aside from being a lovely distraction? Identifying where a need is coming from can be helpful...

Here's a clammy hand... I'm trying to warm up a bit...

I hope today was better.

Chaim

Assistant (to the) regional manager Oigen, sorry to hear about your wife and your situation. I hope things get better soon.

An outstanding question you've asked. A close friend asked me the same question after YT (a real, live person). There's some confusion; perhaps writing it down might shed some light.

The rational person in me knows that porn, like any other drug, is a way of numbing, or as you put it, distracting. But another voice in me (not sure if it's the addict or another rational guy - there's quite the party in there) says that, unlike cocaine or heroin, porn has another element in addition to its numbing factor. And that is the story it tells.

A childhood abuse victim/survivor can watch a movie like Forrest Gump or Good Will Hunting and feel validated. They might want to come back and watch it again because of how it validates their experience of life. I feel like there's a similar element in porn. There's a certain vulnerability that I wish I'd have (but am not putting in the work to obtain it) - and I'm not talking specifically about in the bedroom - that's portrayed in the videos I usually seek out. If what I just posited is true, then I'd say it's more than just a distraction.

Now, before the peanut gallery patrons start starts telling me that porn is not authentic, it's staged, these people are broken, yada yada yada. I know. Forrest Gump was also staged.

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