

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

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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 - 30 Oct 2024 22:06

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We interrupt our regularly scheduled despondent posts for a slightly different tune.

Rabbi Dr. Abraham Twerski used to say that low self-esteem is at the root of addiction. This was the basis of (most of) his books. Over the last couple of months, this message slowly trickled from my brain into my visceral self. Especially after reading some of his books on the subject, in which he describes me spot on.

Naturally, realizing that I have low self-esteem only served to lower it further.

Recently, I bumped into [this post](#) by the dude of tzitzis, in which he mentions a shmuz from Rabbi Kalish on codependency and its impact on his life. I don't know why, but something told me to check it out, and boy, am I glad I did. It gave me a much-needed boost that I didn't even know was possible.

I thank tzitzis man and Rabbi Kalish for the flash of lightning in the otherwise dark forest. I pray to our heavenly father that I use this clarity to start working on what I see to be the root issue and not let too much time pass, lest I forget what I saw in the bolt.

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Re: Thompson, with a 'P', as in psychology  
Posted by iwantlife - 30 Oct 2024 22:12

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Wow okay now I think I have to check it out too..

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Re: Thompson, with a 'P', as in psychology  
Posted by thompson - 14 Nov 2024 18:44

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Why do I have the incessant drive to post something when I can't think of anything post-worthy?

I have no updates (that I'm willing to share).

Ah, but my posting isn't just about sharing updates. It's about getting the stupid, miserable, and delicious attention through replies, "Thank You"s, and or PMs.

So, that's what this post is all about. Pleading. Begging. Perhaps even groveling. All while I hold

my nose in disgust at myself.

The ups and downs on this little space rock are truly filled with pompous self-importance.

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Re: Thompson, with a 'P', as in psychology  
Posted by willdoit - 14 Nov 2024 19:31

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[thompson wrote on 14 Nov 2024 18:44:](#)

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Sure, here u go... THANK YOU!

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Re: Thompson, with a 'P', as in psychology  
Posted by rebakiva - 14 Nov 2024 19:34

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I'm really good at giving stupid miserable attention, here's one for you.

**Warning: Spoiler!**

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Re: Thompson, with a 'P', as in psychology  
Posted by chosemyschem - 14 Nov 2024 21:29

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[thompson wrote on 14 Nov 2024 18:44:](#)

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Deducted a karma for this post. I think the boys call that "negging".

Hatzlacha and keep on . . . well . . . you know . . doing whatever it is you do.

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Re: Thompson, with a 'P', as in psychology  
Posted by BenHashemBH - 14 Nov 2024 21:38

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[chosemyschem wrote on 14 Nov 2024 21:29:](#)

Hatzlacha and keep on . . . well . . . you know . . doing whatever it is you do.

Bumbling, hardly brilliant, and completely non-discreet investigations on behalf of the Scotland Yard?

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Re: Thompson, with a 'P', as in psychology  
Posted by chaimoigen - 15 Nov 2024 02:12

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[thompson wrote on 30 Oct 2024 22:06:](#)

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How 'bout some more of this refreshing, actually illuminating, and genuinely good stuff? Made me think, it did.

Unless that is the stuff you didn't want to talk about more, and in which case, I'll withdraw the request.

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Re: Thompson, with a 'P', as in psychology  
Posted by thompson - 15 Nov 2024 18:07

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Some anonymous guy (or gal) PM'd me, asking for the link to the R' Kalish shmuz. (S/He can't access the link I referenced because it's behind the BB paywall—we pay a high price to access that.) Opening the link brought back a taste of the high it induced the first time.

Now, my previous post makes sense to me. If I'm not for myself, who will be for me?

I need help.

But I'm too arrogant to ask for it.

Perhaps Shabbos can heal—as it is said to.

Peace and love (whatever the heck that second term means)

Shabbat Shalom.

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Re: Thompson, with a 'P', as in psychology  
Posted by chosemyshem - 15 Nov 2024 18:38

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[thompson wrote on 15 Nov 2024 18:07:](#)

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Perhaps Shabbos can heal—as it is said to.

I never heard of anyone's cancer spontaneously clearing itself up over a shabbos without getting the help it needed . . .

If you think you need a helping hand to pull yourself out of the pit, then the only thing to be ashamed of is not asking for it.

Happy to help you reach out however I can.

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Re: Thompson, with a 'P', as in psychology  
Posted by stopsurvivingstartliving - 16 Nov 2024 17:42

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[thompson wrote on 15 Nov 2024 18:07:](#)

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Shabbat Shalom.

Wow so happy to be able to help! It was a win win situation, you didn't ask for help and I helped you.

PS If I am a girl and lying in my posts don't you think I would have lied and say I am married and get access to the BB Forum?

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Re: Thompson, with a 'P', as in psychology  
Posted by BenHashemBH - 27 Nov 2024 13:58

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[thompson wrote on 15 Nov 2024 18:07:](#)

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Peace and love (whatever the heck that second term means)

Shabbat Shalom.

Shalom Brother,

It's been two Shabbosim. How goes the healing, help, peace, (and love)?

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Re: Thompson, with a 'P', as in psychology  
Posted by dreamyunicorn28 - 19 Dec 2024 16:41

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, where are you?!?! How are you doing?

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Re: Thompson, with a 'P', as in psychology  
Posted by thompson - 26 Dec 2024 16:49

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This time, unlike in the past, I have no illusions that "now things will be different." At least not consciously. I'm writing from under ten Tefachim.

All I have is the cognitive knowledge that on Chanukah, light can triumph over darkness if we choose to allow it.

I'm not feeling it all, but I'm willing to step into the unknown, use the broken pieces of my vessel to receive what the days give, and perhaps even glue them back together.  
Thompson

Happy Festival of Lights to all.

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