

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 lamaazavtuni - 02 Jul 2025 00:02

Tom!! ashrecha you seem to be shtieging a lot !!!

just saying seems like a lot of us realized it wasn't as much about the p and m but the realization that we needed internal change on a emotional level, and it's less about kicking the habit rather it's its about becoming a Adam hashalaim .

Keep fighting

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 02 Jul 2025 02:24

[thompson wrote on 01 Jul 2025 20:15:](#)

Shalom, good people (you know who you are).

One of the well-kept secrets of the grieving process is that, unlike the common assumption, it's not linear.

I think we can apply the style of the Sefiros here, too.

First there's denial, then there's denial shebe'anger, followed by denial shebe'bargaining, and so on. Even when we reach acceptance, there's still acceptance shebe'denial, acceptance shebe'anger (that's a good one), etc. Acceptance shebe'acceptance doesn't come easy. It's everyone's hopeful final destination, but hitting depression doesn't necessarily mean we're getting there. The detours are plentiful and sneaky. And even when we arrive at the blessed doorstep of acceptance, we can be kicked back to the thicket of anger in an instant.

What's important to realize is the progress we make. The slow, tedious, painstaking steps we take. Like the stock market, which is below its previous all-time high most of the time, but the relatively short bursts of upturns are what ultimately mark growth, we must stay committed to the project and not get discouraged by the seeming lack of progress.

This has been my life for a long time now, without me necessarily realizing it. The twists and turns, ups and downs, getting to a good enough place to think I'm stable, only to fall to the depths immediately afterwards, with no prior notice, getting to a good place, and not allowing myself to enjoy it because I'm waiting for the other shoe to drop—all of that and more.

I've been learning to identify and deal with anxiety. Yes, identify. I never really understood what that hole in my stomach was; anxiety was something other people had, not me. But, as it worsened over the past few years (and began having physical ramifications), I was forced to

acknowledge and address it.

I'm BH in a good place right now, and I'm under no illusion that this is here to stay and am not taking it for granted. But neither will I reject it.

What started as a quest to quit porn and masturbation, is now a full fledged journey to mental health (a term I used to despise - and still need to come to terms with).

I want to, once again, start posting regularly.

May the Almighty grant us all clarity and courage (and other stuff we need but know not).

I'm blown away. Deeply moved and impressed both by the content and deep truth you're describing, and by your personal courage.

You get the full 21 gun salute.

and my genuine best wishes.

Chaim

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Re: Thompson, with a 'P', as in psychology
Posted by stopsurvivingstartliving - 02 Jul 2025 11:58

Kudos to how vulnerable you were in that post!

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Re: Thompson, with a 'P', as in PROGRESS
Posted by chosemyshem - 02 Jul 2025 15:49

Fixed your thread title for you, no need to thank me.

Keep up the excellent truckage.

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Re: Thompson, with a 'P', as in *

Posted by youknowwho - 02 Jul 2025 15:53

[chosemyshe wrote on 02 Jul 2025 15:49:](#)

Fixed your thread title for you, no need to thank me.

Keep up the excellent truckage.

Hey, cool! I didn't even know that was possible. Added my own version but promptly self-censored it, written as moderator.

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Re: Thompson, with a 'P', as in Poltergeist

Posted by redfaced - 02 Jul 2025 16:43

[chosemyshe wrote on 02 Jul 2025 15:49:](#)

Fixed your thread title for you, no need to thank me.

Keep up the excellent truckage.

Why would you moderate this. I put it back to the way you had it uncensored

Unmoderated

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Re: Thompson, with a 'P', as in psychic
Posted by thompson - 02 Jul 2025 18:07

See?

I wasn't wrong in assuming that the good people know who they are.

Thanks, each and every one of you, for your warm, fuzzy, mushy, sticky, sickly-sweet, hard-as-rocks, soft-as-warm-butter, tough-as-nails, ice-cold, parev-as-tofutti, kosher-as-gefilta, tall, and round welcomes.

Good people indeed.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 04 Jul 2025 14:44

Here's an idea for a title of a thread:

My Shvigger My Trigger

I have a lot to post there right now.

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Re: Thompson, with a 'P', as in psychology

Posted by tzitzis dude - 07 Jul 2025 01:30

[thompson wrote on 04 Jul 2025 14:44:](#)

Here's an idea for a title of a thread:

My Shvigger My Trigger

I have a lot to post there right now.

Have you heard of The Grouchery???

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 08 Jul 2025 15:34

[tzitzis dude wrote on 07 Jul 2025 01:30:](#)

[thompson wrote on 04 Jul 2025 14:44:](#)

Here's an idea for a title of a thread:

My Shvigger My Trigger

I have a lot to post there right now.

Have you heard of The Grouchery???

I didn't want to hijack your thread.

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Re: Thompson, with a 'P', as in psychology
Posted by hopeful yingeman - 08 Jul 2025 16:21

im not sure in what way you meant it, but for me big time is my shviger a trigger, shes my biggest trigger i have all kinds of fantasies abt her, i know it prob sounds really weird

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 08 Jul 2025 16:29

[hopeful yingeman wrote on 08 Jul 2025 16:21:](#)

im not sure in what way you meant it, but for me big time is my shviger a trigger, shes my biggest trigger i have all kinds of fantasies abt her, i know it prob sounds really weird

Hey buddy,

Even though that's not what I meant, what you're relating is not weird at all, and neither does it sound weird. I don't know you or your shviger, but it's a common trigger/fantasy. Knowing this can help you accept it for what it is, which is a prerequisite to learning how to deal with it.

Hashemspeed.

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Re: Thompson, with a 'P', as in psychology
Posted by hopeful yingeman - 08 Jul 2025 16:34

really? wow thanx for telling me i never heard anyone with this struggle i thought i was really nuts (i still think its a not normal to have such a trigger but its not the only weird trigger i have

and as much that i looked i never saw anyone have these triggers)

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Re: Thompson, with a 'P', as in psychology

Posted by thompson - 08 Jul 2025 16:40

[hopeful yingeman wrote on 08 Jul 2025 16:34:](#)

really? wow thanx for telling me i never heard anyone with this struggle i thought i was really nuts

Hey, let's not jump to conclusions here, you might be nuts. Like I said I don't know you. But being attracted to your shvigger wouldn't be the reason.

All kidding aside, why don't you pull up a chair and share your story (names can be changed for privacy) with the good people from GYEvillage?

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