

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 - 08 Jul 2025 16:44

[hopeful yingeman wrote on 08 Jul 2025 16:42:](#)

maybe one day ill open a thread, not ready yet

By all means, take your time.

I'm just curious, how will you know when you're ready?

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Re: Thompson, with a 'P', as in psychology
Posted by hopeful yingeman - 08 Jul 2025 16:47

it takes a lot of emotional strength, and patients

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 08 Jul 2025 17:00

[hopeful yingeman wrote on 08 Jul 2025 16:47:](#)

it takes a lot of emotional strength, and patients

Can't argue with that. I've been posting for years (under different accounts), and it still takes emotional strength and a lot of patience. But sometimes it's worth the effort.

At your own pace.

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Re: Thompson, with a 'P', as in psychology
Posted by Muttel - 08 Jul 2025 17:09

[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 (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)

Not to hijack here - but definitely not weird. Many have this struggle and as the great Thompson has stated, recognizing it as normal is key to overcoming it. Parenthetically, the Noda BeYehuda has a teshuva writing of a very choshuva yingeman (slept on a bed only friday nights because he was such a masmid) who slept with his shvigger for 3 years. the noda beyehuda didnt think it was weird at all.....

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Re: Thompson, with a 'P', as in psychology
Posted by hopeful yingeman - 08 Jul 2025 17:11

what do u mean by "slept with his shviger for 3 years"? (btw how can u see in a teshuva if he thinks its weird or not?) where is the teshuva?

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 08 Jul 2025 17:19

[hopeful yingeman wrote on 08 Jul 2025 17:11:](#)

what do u mean by "slept with his shviger for 3 years"? (btw how can u see in a teshuva if he thinks its weird or not?)

It likely means exactly what your fantasy thinks it means.

I don't think it's important whether the Noda BeYehuda thought it's weird or not, but rather, here you have a guy who was to all external appearances a choshuv guy and his shvigger was his trigger (and then some).

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Re: Thompson, with a 'P', as in psychology
Posted by Muttel - 08 Jul 2025 18:32

[hopeful yingeman wrote on 08 Jul 2025 17:11:](#)

what do u mean by "slept with his shviger for 3 years"? (btw how can u see in a teshuva if he thinks its weird or not?) where is the teshuva?

???? ?????? - ?????? ??" ? ?' ?'

You can see form his response that he didnt think it was weird. And yes, he had intercourse with his mother in law (it began before he was married) for 3 years. She was married the entire time.....

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Re: Thompson, with a 'P', as in psychology
Posted by krispedin - 08 Jul 2025 18:43

Oh lord.

My stomach is already hurting from the popcorn.

Too much trauma for me on this one.

Thank god this is something from the past (With a lot of work)

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Re: Thompson, with a 'P', as in psychology
Posted by krispedin - 08 Jul 2025 18:45

[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.

Oh lord.

My stomach is already hurting from the popcorn.

Too much trauma for me on this one.

Thank god this is something from the past (With a lot of work)

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Re: Thompson, with a 'P', as in psychology
Posted by krispedin - 08 Jul 2025 18:46

[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.

Oh lord.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 09 Jul 2025 21:38

Today is ten days since I last watched porn. It's usually around this time that I start forgetting why I need to stop.

This time is different, because this time I'm dealing with stress and anxiety in a way I never thought existed. Last night, I was sitting on the couch, having a mini freakout. My wife sat down beside me and tried to comfort me. Everything she did made my heart race faster. I guess she realized that, because she asked if she should leave me, but being the people pleaser I am, I said no. EEEEEHHH! Wrong answer. At one point, I felt like jumping up and screaming as loud as I could. It took all of my self-control to remain seated.

I have a laundry list of things I need to do. Watching porn isn't on it, but my brain thinks it is and that it's top priority. It's the one thing that makes everything else disappear. Seemingly so.

I need to work on this. I have to learn how to handle stress. Every time I watch porn, I kick the can down the road.

Now is a good time to continue working.

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Re: Thompson, with a 'P', as in psychology
Posted by neshomo kedosha - 10 Jul 2025 00:06

[Muttel wrote on 08 Jul 2025 18:32:](#)

[hopeful yingeman wrote on 08 Jul 2025 17:11:](#)

what do u mean by "slept with his shviger for 3 years"? (btw how can u see in a teshuva if he thinks its weird or not?) where is the teshuva?

???? ?????? - ?????? ??"??' ??'

You can see form his response that he didnt think it was weird. And yes, he had intercourse with his mother in law (it began before he was married) for 3 years. She was married the entire time.....

Whaat! I'm not beleiving this, I thought it was just our generation who struggle with all the stiros.

Its pretty crazy to see this sort of thing like a major masmid falling with this 200 years back...

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Re: Thompson, with a 'P', as in psychology
Posted by hopeful yingeman - 10 Jul 2025 22:32

just a thought that in that times a lot of ppl got married by by age 15 so his shviger could've gotten married at age 15 and he married her daughter when she was 15 which makes he's shviger a pretty young 30 yr old women (not taking away the part of being attracted to a shviger, but the age makes more sense)

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 11 Jul 2025 16:03

I heard an interesting idea regarding dieting. If you have a maximum amount of calories you allow yourself to consume per day, overeating a bit can make you lose your motivation. "I'm anyhow beyond the max, I might as well enjoy another doughnut." You know, the usually

defeatist rhetoric.

What this guy suggested was to have a maximum calories per week in addition to a daily limit. That way, even if you find yourself overindulging one day, it's less likely to lead to a spiral because you have another weekly goal that's still attainable even with the current messup.

Not that I accuse any of you good, well-balanced, and completely normal people here of doing such preposterous things as tracking your calories, but I wonder if this can somehow be applied here.

It's been 12 days since I last looked at porn, and I'm grateful.

I listened to Eli Nash's interview with Avi Wolff that someone posted somewhere in the hallowed halls of GYEvile, good stuff. Whoever posted it, thank you.

Shabbat Shalom, y'all.

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