

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 alex94 - 16 Jul 2025 18:51

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[thompson wrote on 16 Jul 2025 17:26:](#)

As of an hour ago, it's been 17 days since I last watched porn.

Today, in the middle of Shachris, a video I've masturbated to multiple times emerged from the dark recesses of my memory and lodged itself into the forefront of my consciousness. Without getting into the nitty-gritty of it, this video has always elicited an intense reaction from me due to

many factors from my past (as I understand them now). I tried several techniques to stave it off, knowing that it would be intensely gratifying for the time being and would leave me feeling like sh\*t, but ultimately, here we are.

It's been an hour since I last watched porn.

I'm grateful to be alive.

10 for courage

10 for honesty

KOT!

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Re: Thompson, with a 'P', as in psychology  
Posted by redfaced - 16 Jul 2025 19:11

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[alex94 wrote on 16 Jul 2025 18:51:](#)

[thompson wrote on 16 Jul 2025 17:26:](#)

As of an hour ago, it's been 17 days since I last watched porn.

Today, in the middle of Shachris, a video I've masturbated to multiple times emerged from the dark recesses of my memory and lodged itself into the forefront of my consciousness. Without getting into the nitty-gritty of it, this video has always elicited an intense reaction from me due to many factors from my past (as I understand them now). I tried several techniques to stave it off, knowing that it would be intensely gratifying for the time being and would leave me feeling like sh\*t, but ultimately, here we are.

It's been an hour since I last watched porn.

I'm grateful to be alive.

10 for courage

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KOT!

7 for reaching out....

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

Posted by thompson - 17 Jul 2025 15:42

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Dear Thompson,

I'm not here to take you on a guilt trip or to judge you. What you did yesterday was unfortunate. You tried escaping the discomfort, but it hurt you, and you know it.

Remember how you felt for the two weeks leading up to yesterday. You were energized, you had the drive to connect with your wife, and there was a spring in your step. Contrast that with how you feel now. Depleted. Lethargic. Irritable. Your mind is scattered all over the place. Last night, you almost yelled at your son to shut up as he described his day at camp. This is not the life you want. This is not the husband your wife deserves, nor the father your children need. Everyone needs you to take responsibility for your life. Your problems, while not your fault, are your responsibility. Only you have the power to create a life worth living.

I want to reiterate, I don't judge you for what you did yesterday; I have the utmost compassion for you. You lost your equilibrium because of that memory, and in a moment of desperation, you decided that the fastest way to get out of the storm of it was by watching it. I understand the rationale. But as we advance, let's remember that a) it didn't work - four hours later, you watched porn again, and b) it's better to ride out the discomfort of an unwanted porn scene

hijacking your brain than to feel like a dump for the next day.

I'm here to remind you that you can do this. You were doing great, putting in hard work over the past few weeks in several key areas of your life. Keep it up. Let's use this experience to internalize that, as gratifying as it might be - and I'm not diminishing that aspect - porn hurts you, and the costs far outweigh the benefits.

With love and compassion,

Thompson (the father version).

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Re: Thompson, with a 'P', as in psychology  
Posted by yosefthet zadik - 17 Jul 2025 19:00

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[Muttel wrote on 08 Jul 2025 17:09:](#)

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.....

You just had me learning a complex and very deep ????? from the ???? ?????? for over an hour! Thanks for being ???? me...

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Re: Thompson, with a 'P', as in psychology  
Posted by chaimoigen - 17 Jul 2025 19:02

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[thompson wrote on 17 Jul 2025 15:42:](#)

Dear Thompson,

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I'm here to remind you that you can do this. You were doing great, putting in hard work over the past few weeks in several key areas of your life. Keep it up. Let's use this experience to internalize that, as gratifying as it might be - and I'm not diminishing that aspect - porn hurts you, and the costs far outweigh the benefits.

With love and compassion,

Thompson (the father version).

Thank you. To me personally, this is the best post I've seen in a while.

Besides the courage and vulnerability, the growthfulness, there's a lot to learn.

Thankfully I haven't messed up with inappropriate content or behavior in a while, but I've done things I regret (in other areas).

thank you for showing us how to approach healthy, compassionate regret in a constructive way, while avoiding counterproductive guilt....

For what it's worth, I think you're doing incredible work, and that sharing it as you are is probably helping folks.

Here's an admiring, warm hand,

chaimoigen

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Re: Thompson, with a 'P', as in psychology  
Posted by thompson - 17 Jul 2025 20:58

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[chaimoigen wrote on 17 Jul 2025 19:02:](#)

Thank you. To me personally, this is the best post I've seen in a while.

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For what it's worth, I think you're doing incredible work, and that sharing it as you are is probably helping folks.

Here's an admiring, warm hand,

chaimoigen

Thank you, Comrade Enayim.

I appreciate your positive feedback.

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

Posted by Muttel - 18 Jul 2025 12:58

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*Dear Thompson,*

*I'm not here to take you on a guilt trip or to judge you. What you did yesterday was unfortunate. You tried escaping the discomfort, but it hurt you, and you know it.*

*You lost your equilibrium because of that memory, and in a moment of desperation, you decided that the fastest way to get out of the storm of it was by watching it. I understand the rationale. But as we advance, let's remember that a) it didn't work - four hours later, you watched porn again, and b) it's better to ride out the discomfort of an unwanted porn scene hijacking your brain than to feel like a dump for the next day.*

*With love and compassion,*

*Thompson (the father version). This is super powerful, Thompson.*

For all those that didn't take heed of this line - it has been useful to many I've spoken to. Many of us succumb to triggers/pressures/lures to fall because it's the fastest way to be rid of the

uncomfortable feeling of being triggered. If we'd adopt a mentality of acceptance, where we understand that we're triggered and are ok with it, we'd be able to stay strong and not succumb. After all, we're humans and normal humans get triggered.... Accepting it and being ok with it can be super helpful in not acting out.....

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