

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 chosemyshem - 04 Aug 2025 20:03

[thompson wrote on 04 Aug 2025 15:14:](#)

Yesterday's fast was the easiest I've had in recent memory. Praise be the Lord. I was able to be helpful around the house (thanks, Tom, the supper was scrumptious!), and keep away from trouble. In fact, it wasn't even a struggle for most of the day; that's how good I was feeling. I'm grateful for that. I could've done without the grape juice as the grand finale, though.

I saw some good people that I hadn't seen in a while, but I was playing tishabuv*, so I had to keep it all inside. It was still nice to see them. Thank God for pleasant people.

Recently, I fell back into the insidious habit of watching porn without masturbating. I'm not proud of that.

Lordspeed.

*This is when I don't quite feel the gravity of the day, but I'm afraid of being chastised for acting in that fashion, so I put on a somber face and pretend. (Perhaps like the morose guy I'm scared of, we all have different ways of dealing with feeling disconnected.) It's sort of like when I'm very makpid on Shmiras Enayim in the grocery store between watching porn and ogling her from the safety of my car.

Best footnote on GYE. I do that too! The shemiras einayim shtick I mean. And also the living a lie to comport with externals demanded by society shtick.

Not the fake morose on Tisha B'av. I'm too busy enjoying being depressed.

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Re: Thompson, with a 'P', as in psychology
Posted by frank.lee - 04 Aug 2025 22:00

I beg to differ. If you guard your eyes inside, and ogle afterwards, that is still an accomplishment, with room for growth.

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Re: Thompson, with a 'P', as in psychology
Posted by proudyungerman - 05 Aug 2025 20:05

[chosemyschem wrote on 04 Aug 2025 20:03:](#)

[thompson wrote on 04 Aug 2025 15:14:](#)

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I'm smelling a cold, cold (like IMG cold) litvak all the way here in Burma...

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

Posted by thompson - 12 Aug 2025 15:22

Checking in, in lieu of checking out.

It's like someone turned down the volume. I'm grateful for that.

Here's what's been helping me:

- Daily meditation. Just a couple of minutes when I wake up and again before retiring for the night.
- Allowing some time for my mind to do its thing without interference, such as driving home from work in silence instead of being on the phone or blasting music on the stereo.
- Going to sleep "on time." This used to come naturally, but over the past couple of years, I developed some negative nocturnal habits that I'm now working to fix.
- Journaling every night, especially when I feel like there's nothing to write about.

This has given me the patience and presence to spend more time with my wife and children (together and individually), which, in turn, gives me a new appreciation for the effort it takes to plod ahead.

Hard days still arise, and anxiety still lurks beneath the surface, waiting for the opportune time to pounce, but at a painstakingly slow crawl, I'm becoming more comfortable with the fact that I'm the adult in the room; it's up to me.

I'm still struggling with occasional porn consumption and (un)productivity at work.

I want to end on a high note: Vincerò!

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

Posted by alex94 - 12 Aug 2025 16:03

[thompson wrote on 12 Aug 2025 15:22:](#)

- Journaling every night, especially when I feel like there's nothing to write about.

Wow! ????"?

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

Posted by thompson - 14 Aug 2025 14:29

Yesterday was a terrifically miserable day—the likes of which I haven't experienced in weeks.

I ended up porning and masturbating, like I haven't in (less) weeks. It gave me the short-term relief it promised.

All my old insecurities resurfaced. They were all like, "What? You thought we left for good? We were just on vacation, y'know, so now we have the proper energy to beat the dying daylights out of you again." Hello, tightness in the chest, my old compadre.

Supper was enjoyed in gloomy silence; it kind of reminded me of childhood. When that realization hit me, I forced myself to smile at my wife and kids and ask them how their day was—that's a win.

I can go on, but I think the picture is clear enough.

That was yesterday, and yesterday is as gone as the Aztec empire.

I'm still feeling lethargic and physically fatigued.

To (well-nigh) paraphrase the great Sgt. (Pvt. according to the Lootenant Dan) Gump:

"Life is like a box of chocolates. It's often disappointing and bad for you. But at least there are different kinds."

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Re: Thompson, with a 'P', as in psychology
Posted by kavey - 14 Aug 2025 14:31

Reb thompson at the risk of being skewered like a hyena on a pogo stick would you care to share a bit more detail?

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 14 Aug 2025 14:35

[kavey wrote on 14 Aug 2025 14:31:](#)

Reb thompson at the risk of being skewered like a hyena on a pogo stick would you care to share a bit more detail?

hyena on a pogo stick

Now that's an image to entertain the mind.

Detail of what?

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Re: Thompson, with a 'P', as in psychology
Posted by kavey - 14 Aug 2025 15:18

What makes it miserable and how that leads to porn

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

Posted by thompson - 14 Aug 2025 20:47

[kavey wrote on 14 Aug 2025 15:18:](#)

What makes it miserable and how that leads to porn

Feelings of inadequacy, not belonging, being the fifth wheel (or the fourth of a tricycle), not good enough, not man enough, undesirable, persona non grata.

And then some.

These aren't feelings per se, they're judgements. Judgements that ruled my self-image up until not too long ago. I've been working on them for a while, and am BH making progress (and I'm grateful for that), but yesterday was a doozy.

As for the question about the relation between this and porn, fantasy, intensified by masturbation, has been my go-to numbing agent since I was around 6-7 years old. Hence, a carefully selected porn video, which resembles the fantasy I created to feel an artificial sense of self-worth, is the perfect vehicle.

Shtimt?

Warning: Spoiler!

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Re: Thompson, with a 'P', as in psychology
Posted by kavey - 15 Aug 2025 14:35

I know this is a public forum and you currently at least in my non-technical appraisal of the market are probably one of the top 10 posters currently so you get extra scrutiny but are you open to sharing a bit more about where those feelings stem from? Work? Wife? Recurring Tintin related nightmares? I'm assuming you're American and in this country Tintin appreciation is woefully lacking. Though it's funny that if the books came out today with things like opium dens I wonder if they could make it.

Also...what about pressure valves? The pressure is there and it's recurring. You're working on it but is there any other way to relieve the pressure?

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 18 Aug 2025 14:53

[kavey wrote on 15 Aug 2025 14:35:](#)

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Also...what about pressure valves? The pressure is there and it's recurring. You're working on it but is there any other way to relieve the pressure?

I made it onto the coveted list of "The (probably) top ten posters on GYE." I'm honored. Or has the site become so dull? Nah, that can't be it.

Here are some stems for you:

- Watching Les Misérables (I know, I need to stop that. Can someone make me forget it exists or how good it is?).
- Childhood molestation (Oh no, not that story again).
- Imposter syndrome from not being an actual die-hard Tintin fan (unless we're talking about the music from the 2011 motion picture).

There might be some other damage sprinkled in, but this should suffice for now.

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Re: Thompson, with a 'P', as in psychology
Posted by chosemyshem - 18 Aug 2025 16:55

[kavey wrote on 15 Aug 2025 14:35:](#)

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Tintin has been cancelled. Not because of the opium, but because it's super racist. Look at the pictures of the black characters, or really any non-white character.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 18 Aug 2025 17:04

[chosemyshe wrote on 18 Aug 2025 16:55:](#)

[kavey wrote on 15 Aug 2025 14:35:](#)

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Oy vey.

Is my GYE username at risk? Should I expect to be demoted to the black-badged "banned" rank?

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