

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 cande - 06 Aug 2024 20:10

you are amazing bro!

FACTS!

love

cande

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Re: Thompson, with a 'P', as in psychology
Posted by ilovehashem247 - 07 Aug 2024 02:05

[thompson wrote on 03 Jul 2024 13:12:](#)

[eerie wrote on 02 Jul 2024 19:04:](#)

Hey, Welcome! I LOVE your entry! Your humor! Absolutely gevaldig!

My friend, I'm sure we will love having you around, so please keep posting, **get to know the**

boys, share some of your struggles, and we'll help you with the crime stopping real soon

I was really hoping to get to know some men. Am I on the wrong forum? Is this the day camp? I guess I can be the counselor.

Thanks, everyone, for the welcome and the warmth. So far, I've only encountered, what seems to be, awesome people - on my thread, that is.

the men are the ones who've had the guts to work on step 6+

we are boys till then, young 'un

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Re: Thompson, with a 'P', as in psychology
Posted by ilovehashem247 - 07 Aug 2024 02:12

[thompson wrote on 30 Jul 2024 16:13:](#)

Failure.

What a scary word.

Unlike kryptonite, which Superman can choose to avoid, failure is an integral part of life. It's like a heel to Achilles. It's always there. It has to.

The problem is that I don't know how to deal with it. As long as things go well, I'm in. Once there's a dark chapter, I write the rest of the story in that shade. The rationale is that if I stay like this, I won't fail my previous endeavor but simply shift strategies.

I came here two years ago full of ambition and zest, got over 100 days clean, and failed.

I got back up, and after two weeks, I failed again. Instead of coming here and admitting my failure, the rationalizations kicked in.

I started climbing many times, announcing my new expeditions only once I had enough days and hubris, and failed every time.

Then I decided this whole shpiel was not worth its bandwidth and gained infamy for my darkness and cynicism. I even changed my username to match this persona. I did not fail at that one and enjoyed it, but I felt empty inside.

I deleted my account. To hell with you and yours.

One day, I got this fantastic idea: Now that the old me is dead, I can open a new account with a new character and have a fresh start. Nobody needs to be the wiser. Awesome. Fantabulous.

I started again, this time with fervor and passion.

It lasted for about three weeks, then I failed. I haven't been active since.

Why?

Because it's the same old me writing these words, new username and profile picture notwithstanding.

I'm the same loser who's afraid of losing.

So, I failed.

Maybe if I write those words enough times, they'll lose their potency.

Question: Who thinks he has what it takes to respond with "You didn't fail! Every clean day is saved in Shomayim!" or "Don't call yourself a loser!" etc.?

It's ok.

I personally have a character defect that pops up prominently.

I tend to excuse myself and rationalize negative behaviors & mood, as well as justifying quitting by acting a victim.

You are not a victim.

Hashem did this for us, not too us.

I will admit that I've asked Him to F off a few times too many

but He still loves me. He cherishes me. He trusts me to find that strength inside to remain steadfast and resolute.

sometimes i slip up. sometimes i fail to be perfect all the time.

And that's ok.

Keep coming back here and let us love you until you learn to love yourself.

Godspeed.

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

Posted by thompson - 08 Aug 2024 15:05

A quick post while the tigers are slumbering (call it a big-cat-nap).*

For two nights my wife was away and I had all the time and privacy to myself.

Thank You Hashem for helping me stay away from porn.

Thank You, for once again putting into my mind the serenity of ODAAT.

To be precise, **OMAAT**.

*For those curious, the tigers are those who:

...come at night

With their voices soft as thunder

As they tear your hope apart

As they turn your dream to shame (sha-a-a-a-ame)

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 19 Aug 2024 18:41

In my fantasy life,

Summer is warm, not oppressively hot.

Winter is cold, not chilled-to-the-bone, and chapped-skin freezing.

A walk in the woods is serene, not filled with gnat swatting.

A coffee tastes as good as it smells, not bitter or too hot.

Porn makes me feel warm and embraced, not cold and dejected.

Abstaining from porn makes me feel energized, not lacking and wanting.

Reality has a way of making us pay for the things we enjoy.

So far, I've learned to look away at the price of other things.

I enjoy the summer - the heat notwithstanding.

I'm cool with winter - throw on another layer.

I take long strolls in the forest - to heck with you flying pests.

I drink coffee - this goes without saying.

Yet somehow, porn is in a special category.

Can't live with it, can't live without it.

And so, the pendulum swings.

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Re: Thompson, with a 'P', as in psychology
Posted by 138eagle - 19 Aug 2024 18:51

I think it is someone else here that swings the pendulum
Warning: Spoiler!

Hang in there, it will eventually swing in your direction.

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Re: Thompson, with a 'P', as in psychology
Posted by chosemyshem - 19 Aug 2024 20:09

[thompson wrote on 19 Aug 2024 18:41:](#)

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Powerful post.

One of the weird things about life is that there's (almost) no perfect moments. And the rare ones that come our way pass by so fast.

But porn. Ah porn. Caught between the pit of desire and the pendulum of pain and running out of space to hide.

"I was sick -- sick unto death with that long agony"

One thing that's been very helpful for me is accepting that I enjoy lust. I can't have it for a whole bunch of good reasons (some of which make me hate it), but I definitely enjoy it. And that's fine.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 20 Aug 2024 14:50

[thompson wrote on 19 Aug 2024 18:41:](#)

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Rereading my post, I don't see why I was so perplexed.

None of the enjoyments are perfect, yet I still pay the price and do them.

Why should porn be different?

Add this line: **I watch porn, even if it leaves me feeling empty**

Duh.

As I'm writing this, I found a distinction.

The other enjoyments have a temporary price for a lasting reward, so I put up with price. If a hike would only be enjoyable for the duration of the trek itself and then I'd be left with nothing but pain and misery, I doubt I'd venture out too often.

Ah, so the question on porn is back.

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Re: Thompson, with a 'P', as in psychology
Posted by youknowwho - 21 Aug 2024 12:01

[thompson wrote on 20 Aug 2024 14:50:](#)

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Reb P!

If I may say, I don't really understand your point.

If porn usage would be equal to the other pleasures in life, such as hiking etc, where there's a cost for pleasure, a price as you call it, than there would not be much of a market for people who are desperately trying to stop.

Rather, it is because the porn addict is using porn and even *while* porning and masturbating, he is simultaneously shaking with agony, wishing he wouldn't be doing this and hating himself for it.

Because it's a drug. And when anything can be used as a drug, it becomes addictive and dangerous. Overeating oneself towards a heart attack can kind of play out the same way, although the dopamine high is not the same as porn.

So it may be less about pleasure and its price and more about getting or not getting that high.

Does this make any sense at all? Maybe time for another coffee!

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Re: Thompson, with a 'P', as in psychology
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Posted by chaimoigen - 21 Aug 2024 20:08

[chosemyschem wrote on 19 Aug 2024 20:09:](#)

[thompson wrote on 19 Aug 2024 18:41:](#)

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The Pit in the room with the Pendulum is haven to thousands of blood crazed rats. Whose swarming feeding actually freed that protagonist, in Poe's sickening tale.

Sometimes the rats want your blood.

Sometimes they gnaw the bandage off....

Ugly stuff lives in the pit.

Sometimes a hand comes out of nowhere and keeps you from falling in...

Im not sure if any of this has actual significance, but once you mentioned *The Pit And The Pendulum*...

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 21 Aug 2024 20:12

[thompson wrote on 21 Aug 2024 17:11:](#)

[youknowwho wrote on 21 Aug 2024 12:01:](#)

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Does this make any sense at all? Maybe time for another coffee!

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Excellent points.

To be precise:

When a person makes a **choice** to pay a certain price for a pleasure, because he deems that the payout is worth the cost, he is behaving reasonably.

When the compulsion to the payout causes a man to pay a price that he knows and **feels** is too high, yet he cannot stop himself, 'tis not barter. It is slavery.

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Re: Thompson, with a 'P', as in psychology
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Thank you, Brother Oigen, for a) citing a work I'm completely unfamiliar with but sounds as dark and sweet as molasses, and b) adding another layer of clarity to Voldermort's already lucid distinction.

I mean it.

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