

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 chaimoigen - 13 Sep 2024 16:54

Day 10 check-in.

Check.

There was a beautiful, albeit recycled, piece on my thread. I hit the Thank You button, and as the page reloaded, it was gone. Once again, Private Oigen, you backpedaled.

Sigh.

And now it's back. Need I reread the whole thing, or is the basic premise the same?

The spacing was off so I needed to reformat it.

Twas not (Nit, as a Litwak would say) a backpedal, and I am not a Private, good sir.

Gut Shabbos!

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Re: Thompson, with a 'P', as in psychology
Posted by chosemyschem - 13 Sep 2024 17:07

[chaimoigen wrote on 13 Sep 2024 16:43:](#)

[thompson wrote on 12 Sep 2024 17:46:](#)

Day 10 check-in.

We need some spice.

Alright.

Don't know if this qualifies, but it's a long maybe-controversial post I wrote a while ago. Never put it up - maybe cause it sounds like it.s being delivered from atop a soapbox? But there are some points that I'd be curious to hear your take on. So here goeth nothing:

I was asked if it's possible to explain, understand and feel why masturbation and pornography are obscene and objectionable in-and-of themselves, notwithstanding the Issurim and the spiritual damage that we are taught they cause.

*To be clear: The Issurim themselves suffice for me, even if they were to be a Chok. But I am convinced, for many reasons, that these Issurim fall within the category of actions that the Torah teaches us to **know and understand** are wrong, and there is an understanding we can grasp, (in addition to whatever deeper reasons there are). ??????"?*

It's easily understandable why these behaviors are terribly destructive in the context of a marriage. Looking at pictures of another woman, fantasizing about her, and acting out - this is a form of cheating on one's wife. Destructive to the relationship on many, many levels.

I think that it's also easy to understand why pornography is negative, even not in the realm of

marriage. The objectification of women as sex items, the lies about sex that are inherent in porn, all reinforced by the rush that viewing porn brings: All this skews one's perception and perspective of women and relationships in ways that are incredibly destructive to future relationships on many levels. [That's even without the research that demonstrates that watching pornography rewires your brain and creates actual damage, which may be debatable.]

However, it's a bit more challenging to explain what is deeply negative about a single guy masturbating, for personal pleasure. Feels good. What's wrong? Why do we sense that it's wrong? Why is this act almost universally considered to be shameful and obscene? Did you ever notice that even among the lowest dregs in society, the suggestion that someone go do it to himself is quite an insult? Why?

I feel that one aspect may be as follows. Sorry if it is a bit of a graphic lecture.

The Rambam (????? ???) says the ??? is a person's Koach. Of his Guf, his very Life force, and his Maor Enayim. The Gemora tells us that you feel the energy of ??? in your entire being. So the implication is that wasting it is wrong. It's a waste of life force, of something precious. But let's delve more deeply into this, maybe to understand what that would mean for a single guy.

Here are some thoughts.

Human sexual energy harnesses everything inside of you in forging a connection with another person.

There are many levels to connect on. Physical, emotional, psychological and spiritual bonding, giving, and pleasure. One invests and gives one's very self in the other. [e.g. "giving" a kiss is giving yourself in a deep way.] With sexual energy, you give everything you got, deep into the other person. Literally but also on many, many levels.

When a relationship is fully optimized, this investment is actualized into a connection with long-term commitment, with love, and part of the connection is to connect as thinking personalities, with your whole personalities and being. You want to share a home, a life, a future, much more than a bed. You even want to have children together.

Even in a lesser connection, the couple are still in a relationship in which they come together to give each other physical, emotional, psychological and spiritual pleasure. Romance. Even a couple "just having fun" are connecting with their personalities, conversation, emotions, etc.

The shallower the connection, the less that they connect in any way beyond the physical, the more vulgar it is. A one-night stand with a person you never got to know is just sweaty grunting in the night. And if you paid for the experience and didn't talk with her, it's even worse. It's ugly by anyone's standards. There's nothing human or pretty about it. It's a waste. You're giving yourself away, body, spirit and humanity cheap, for nothing.

When you think on it, fundamentally, masturbating is the same.

Masturbation (almost always) requires fantasizing. ??? ????? ??? ?????. Because you need something, someone to connect to, for the energy to kick in. And then you give yourself away, all of you, to an image that isn't there at all. It's a ugly exercise of investing your spirit and your imagination, your emotional heartachingness and your needs, your whole human energy- all to connect to nothingness.

I think anyone can feel that to use a plastic sex doll is a perversion of your humanity. Would you really want to be friends, to have meaningful conversation, with someone who whispers endearments to a plastic doll and kisses it?

Maybe masturbation, in a way, is essentially the same thing. It's wasting everything you have on nothing, it's giving yourself away for nothing. Unless you're satisfied with being nothing more than a grunting in the night.

Living that way is shameful and obscene, because it makes a man into an animal, and diminishes a person fundamentally. If you live in a fantasy world and pay your fantasy mistress all the currency of humanity that you own, you'll be left a person without much human currency. Empty, numb, and grunting in the night.

Now for a Yid, it's far, far worse.

As a Yid, your Hergeishim are Kadosh, your Neshoma is Kadosh, your Zera is Kadosh.

It's all there, given to you for a reason.

You are given these gifts to create with, to use the energy of creation to bring a Bayis Neeman, Shechina, and Zera Kodesh into being.

If instead of investing it properly, you merely flush it all down the toilet, you've destroyed something very precious and irreplaceable...

Yourself.

And that's truly obscene.

R' CO you gotta work on spice. This is great, but not so spicy. Maybe that's why Mr. T busted you down to private??

Relevant Dov [quote](#):

And even if using schmitz were somehow a great mitzvah, I would not be able to control it successfully and would be 100% patur from it. The point is that - unlike normal yidden (or gentiles) - I am just too ill to successfully control it. And Hashem knows that. For me it's not about kedusha, not about Teshuvah...**it's about survival and being in life, for real.**

And while that post is clearly addressing the addict, even the non-addict whose reached a point where he's talking to people on this site has probably tasted the feeling of being completely out of control and checked out of life in a truly horrifying way and that is frankly a terrifying feeling. (Maybe I'm projecting here.)

But what you are saying is, "masturbating is disgusting because it's so masturbatory." Which is a nice idea too. I'd suggest that this is one of those halachos embedded into natural morals that the world has managed to change (like homosexuality, basic tznuis, justice, and many other things).

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 13 Sep 2024 17:07

[chaimoigen wrote on 13 Sep 2024 16:54:](#)

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Twas not (Nit, as a Litwak would say) a backpedal, **and I am not a Private, good sir.**

Gut Shabbos!

I choose the titles carefully. When you backtrack, get demoted.

And don't call me Shirley.

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Re: Thompson, with a 'P', as in psychology
Posted by iwantlife - 13 Sep 2024 20:21

[chaimoigen wrote on 13 Sep 2024 16:43:](#)

Alright.

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What an eloquent and piercing ????????. Thank you R' Chaim for pulling this out of your stencils for us!

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 16 Sep 2024 14:44

Days 11, 12, and 13 check-in:

Check, check, and check.

I recently came across a Yogism:

In theory there is no difference between theory and practice - in practice there is.

After my laughter subsided, I realized the truth behind it.

In the words of an old fogey:

Philosophizing beats working any day of the week.

Here's to many days of the week with more work and less philosophizing. [clink]

(Unless the philosophy is about Javert vs Valjean or the likes.)

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

Posted by thompson - 17 Sep 2024 16:17

Yesterday's check-in was for day 13, but today is 15.

Something went awry somewhere along the way.

Days 14 and 15 check-in.

Check. Check.

P.S.

I just went back, and lo and behold, September 12 and 13 both checked in for day 10. That must've been an awesomely sober day to get double attention.

Must've been.

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Re: Thompson, with a 'P', as in psychology
Posted by gevura shebyesod - 17 Sep 2024 20:09

[thompson wrote on 17 Sep 2024 16:17:](#)

Yesterday's check-in was for day 13, but today is 15.

Something went awry somewhere along the way.

Days 14 and 15 check-in.

Check. Check.

P.S.

I just went back, and lo and behold, September 12 and 13 both checked in for day 10. That must've been an awesomely sober day to get double attention.

Must've been.

Or maybe you were only half-sober each day so together they count for one.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 18 Sep 2024 17:30

Day 16 check-in

Czech.

Glad I could add some spice to Master Gunnery Sergeant Oigen's otherwise solemn thread.

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Re: Thompson, with a 'P', as in psychology
Posted by odyossefchai - 18 Sep 2024 17:44

I'm way ahead of you! At 17 days!

If you want, you can ask the mods to put your streak next to your name. Might make you feel awesome about it.

Or it might make you miserable!!

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Re: Thompson, with a 'P', as in psychology
Posted by proudyungerman - 18 Sep 2024 17:44

[thompson wrote on 18 Sep 2024 17:30:](#)

Day 16 check-in

Czech.

I always thought that the czech was in the mail, wa'ever...

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 18 Sep 2024 17:53

[odyossefchai wrote on 18 Sep 2024 17:44:](#)

I'm way ahead of you! At 17 days!

If you want, you can ask the mods to put your streak next to your name. Might make you feel awesome about it.

Or it might make you miserable!!

Well, after your taunts, if they can change it to 18 days, it make me feel better.

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Re: Thompson, with a 'P', as in psychology
Posted by odyossefchai - 18 Sep 2024 18:45

Dear Thompson "with or without the urine!"

(my mother used to soap my mouth comments like that, I don't know what she would say if she knew what I get up to now!)

Firstly, I read the comments all the way back to the begining. I know! Bored at work. Don't tell my boss

I am personally offended by some of the horrific spelling of some of Professor Haddock's greatest lines. What an insult to one of the greatest philosophers (in Gen Z speak, philosopher is an influencer) of our times.

I need a clean streak just for reading them.

On another note.

You have not shared much about other things going on in your life.

You mentioned a new born baby. I assume there is some kind of female involved (sorry for assuming her gender, how 'so 2015 of me')

Tell us more!

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Re: Thompson, with a 'P', as in psychology
Posted by cande - 18 Sep 2024 18:46

WOW your an epic inspiration~

why do you keep capping it until rosh hashana?

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

Posted by cande - 18 Sep 2024 18:53

yeah! unload bro.....

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