

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 odyossefchai - 25 Sep 2024 20:02

[thompson wrote on 25 Sep 2024 19:49:](#)

[chosemyshe wrote on 25 Sep 2024 19:38:](#)

[youknowwho wrote on 25 Sep 2024 18:59:](#)

[odyossefchai wrote on 25 Sep 2024 18:25:](#)

In one of our happier moments (sarcasm) my wife geniusly observed, "**if you get it cut off, it will solve all our intimacy issues**"

They don't prepare you for this stuff in chosson classes!

To quote a very wise man, "*I can vouch for that*"

I would bet that it wouldn't do much to help. Would just add a lot of shame, pain, and generally weird emotions to the existing toxic stew. Though I'm curious to find out.

Google says John and Lorena Bobbitt got divorced in the end.

It's unclear what she meant by *cut **it** off*, but if she was referring to the brainstem, that'll solve not just intimacy issues but all of life's troubles. - Opinion

I'll ask her for clarification and update you all.

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Re: Thompson, with a 'P', as in psychology
Posted by redfaced - 25 Sep 2024 20:09

[odyossefchai wrote on 25 Sep 2024 20:02:](#)

[thompson wrote on 25 Sep 2024 19:49:](#)

[chosemyshe wrote on 25 Sep 2024 19:38:](#)

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I'll ask her for clarification and update you all.

Make sure you mention Shem's data point. She should have all the info necessary to reach her decision

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 26 Sep 2024 14:55

Day 24 check-in.

Check.

Short, bland, and to the point.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 26 Sep 2024 15:15

Once again, I found myself looking for posts where I could inject some dark humor and cynicism. Although some imaginary ghosts and I appreciate it, it's not helpful to anyone, least of all me.

Having said that, what's the deal with [redacted]?

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 29 Sep 2024 15:14

I'll let Selichos check in for me.

Our Master in heaven, we beg of You, as a slave implores his master.

We are oppressed and live in darkness.

Our souls are bitter from great afflictions.

We don't have the strength to appease You, Master, do it for the sake of the covenant, which You made with our forefathers.

Check.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 30 Sep 2024 16:22

Day 28 check-in.

Check.

[redacted]

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 30 Sep 2024 19:47

[thompson wrote on 29 Sep 2024 15:14:](#)

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You made with our forefathers.*

Check.

I was thinking about the fact throughout Slichos there is constant emphasis on how poor, pathetic, helpless, and unworthy are we.

And then I thought about how the guy who is ravenously starving truly appreciates the gift of a single life-giving, slice of bread.

Even *ah bissileh* Slicha, Chanina, Rachamim, and Ratzon goes a long way when I'm knockin on Heaven's door, ???? ???? ?

Then I was thinking today about how appreciative I am of everything that I have and continue to receive here in GYE, in this space. And that it's a gift not to be taken for granted. Even the gritty parts.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 30 Sep 2024 20:33

I masturbated to porn, and it was even better than I remembered.

At this point, I feel that it's not that I can't stop (that might also be true); I don't want to stop.

I can't unsee what I've seen.

I can't undesire what I've subsequently come to desire.

What I get from porn, I haven't been able to get anywhere else.

I'm terrified of real intimacy.

Looking back at those words, it seems like a sad state of affairs.

So be it. This is where I'm at.

A defective human being who doesn't know how to let his guard down and be vulnerable. Ever.

Broken.

Dark.

Cynical.

Bitter.

Shem, although your ego might breathe a sigh of relief, please don't take this as a cue to follow suit.

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Re: Thompson, with a 'P', as in psychology
Posted by richtig - 30 Sep 2024 20:43

Reality is a great place to start work.

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Re: Thompson, with a 'P', as in psychology
Posted by chosemyshem - 30 Sep 2024 20:58

[thompson wrote on 30 Sep 2024 20:33:](#)

Shem, although your ego might breathe a sigh of relief, please don't take this as a cue to follow suit.

Ego shmego.

I want my 20 bucks.

(Not to interfere with your post fall doom and gloom, which is an essential part of life. But I just heard a great point in a fantastic shuir from Rav Yaakov Weinberg. There's no one around who will say it's good chinuch to tell a kid who misbehaved, "you suck, you're a broken, defective loser." We might say that, but we all know that's bad chinuch.

So why do we say it to ourselves??

He explained that's the difference between guilt and regret. Guilt is ego centered. "**I** am bad." Regret is action centered. "I did actions that are bad."

Ego-centered feelings are not going to result in teshuva. They'll result in depression, if anything. Action centered feelings result in being able to switch to better actions. If I say, "I masturbated and I'm an evil broken rasha." Well, that may be true. Or it may not be true. Only Hashem knows how to calculate who is evil and broken. But regardless, even if it is true I sure don't know how to stop being evil and broken.

But try this one, "I masturbated and that's an action I shouldn't be doing. What actions can I do to make sure this action doesn't happen again." Now that's a productive thought process.)

Care to double down on the post-fall aftershock masturbation? Double or nothing baby!

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Re: Thompson, with a 'P', as in psychology
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Care to double down on the post-fall aftershock masturbation? Double or nothing baby!

Send me your address and I'll fax you a crisp \$20 bill.

Just to clarify, I wasn't saying that I'm broken because I masturbated, but that I'm broken because I'm broken. Masturbating is just one of the ways I numb myself.

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 30 Sep 2024 22:43

[thompson wrote on 30 Sep 2024 20:33:](#)

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Ouch. Here's a warm hand.

One point if I may. It seems to me that there is a powerful truth in the second statement I bolded. And what you wrote there belies what you wrote in the first line I bolded.

It seems to me (from this and other posts) that you do not **desire** porn and masturbation. You **need** them. They fulfill a need that you can't fulfill elsewhere. That's not a negative **desire**. It's a state of affairs that is sad and has a brokenness to it, and for that you have my genuine sympathy and care, (whether you care for it or not, I guess).

But in the recognition of the truth of this, (and in working on whatever dark and ugly pain lies deep beneath this truth) maybe there can be the hope of a pathway forward, at some point.

I hope you find it. Really.

I also think there's value in each day, and in Shem's bet, regardless of this unhappy truth. Because this truth doesn't negate the joy and life in the *bissileh chaim* I wrote of earlier.

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Re: Thompson, with a 'P', as in psychology
Posted by kavey - 01 Oct 2024 09:53

Selfishly...please don't stop posting.

As a professional lurker...your threads and Parev's are the ones I enjoy the most and am always on the lookout for updates.

(wish I could give chizzuk but can't think of anything)

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 01 Oct 2024 15:25

I was writing a dramatic post about moving on when I realized that's part of the problem. Making a whole drama out of it magnifies it.

Moving on.

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