

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 thompson - 27 Dec 2024 15:07

[imreallytrying wrote on 27 Dec 2024 06:48:](#)

Thompson, I love your insightful posts (you must too, because you're so incredibly good at writing them)... and dude, how'd you get 19 Karma? I'm mekaneh you big time! Yes, unfortunately - and I mean this seriously - your posts hit home again, again, and again. It's a struggle of senselessness, and I'm the first to admit it.

And yes, I edited my post, just because.

Howdy, stranger?

You think 19 is a lot? You should've seen what I had before I pissed off Shem.

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

Posted by thompson - 27 Dec 2024 15:08

Good day, yesterday.

I asked a couple of people how to tap into the light of Chanukah. So far, the answers have been underwhelming, especially those involving many enthusiastic, circular hand gestures.

But I'm not giving up. If anyone has any insight on the matter that he can share, I'd appreciate it.

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

Posted by chosemyshem - 27 Dec 2024 15:23

[thompson wrote on 27 Dec 2024 15:08:](#)

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Good question. I don't have an answer. But I heard a suggestion from Rav Leuchter once that has proven extremely powerful.

He asked why is it that we know "ma'alim b'kodesh v'ein moreedin", but somehow on Yom Tov (especially Chanukah) instead of growing stronger and stronger we start off so enthusiastically but at the end we're just floating through.

His suggestion was to find one small element of avodah and every day put in more and more though and effort into it. IIRC this was a Chanukah vaad and he specifically suggested finding one posuk in hallel and putting more work into it every day so it grows throughout the whole yuntif.

It's a pretty powerful tool.

You can also try dousing yourself in oil and lighting yourself on fire. That should also work.

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Re: Thompson, with a 'P', as in psychology
Posted by Muttel - 27 Dec 2024 15:26

[chosemyshe wrote on 27 Dec 2024 15:23:](#)

You can also try dousing yourself in oil and lighting yourself on fire. That should also work.

If you do it on a NYC subway you may even get people to video it. Don't expect anyone to save you though.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 27 Dec 2024 15:30

[chosemyschem wrote on 27 Dec 2024 15:23:](#)

[thompson wrote on 27 Dec 2024 15:08:](#)

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Thanks, Reb Shem. I appreciate the insight, especially the fact that it's practical and a small enough step.

As for your second suggestion, trust me, brother, I've toyed with similar ideas for a long time. (I still do from time to time.)

But I'm shifting my focus. I want life.

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Re: Thompson, with a 'P', as in psychology
Posted by iwantlife - 27 Dec 2024 15:32

[Here](#)'s what I'm trying to focus on this Chanukah. Don't know if it'll resonate with you, but it's enthusiastic, circular hand gesture - free.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 27 Dec 2024 15:58

Here's what I'm thinking.

For a while, I've been using my history as a crutch, an excuse to avoid taking responsibility, not even to make an honest effort. Looking back a few years, I never used to be like this. I always took life — warts and all — on the chin. No fuss, no complaints; I'd show up and do what needed to be done. And then, something shifted in me. I became complacent, lazy, and comfortable in my victimhood.

From a naturalistic perspective, this might be the proper response. There's trauma, neglect, and a list of other catalysts for misery.

But what Chanukah teaches us is that we're not bound by nature. Make an effort, and your tiny, scrawny excuse of an army will defeat the mighty Greeks with their advanced weaponry and tactics.

That's how I currently understand the light of Chanukah.

It says, "You are not your trauma."

But I need to take the first step. Am I willing to listen and accept this empowering message?

Hineini.

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Re: Thompson, with a 'P', as in psychology
Posted by imreallytrying - 27 Dec 2024 18:07

Wow, that's one of the most positive things I think you've said Thompson, and it's so true too. Many of us are victims, some of us are victims of victims. I have a Me Too story, as I'm sure a lot of us out there have. Yeah, I hate the boy who did that to me and how he ruined me. But as I learned in recovery, we can't be victims forever. We need to emerge from victimhood. How? For me, it was through acceptance. I had to learn to accept myself (i.e. really, I had to learn to love myself). We are not our trauma, we are a tzelem elokim, and we can never forget that. It's a

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Re: Thompson, with a 'P', as in psychology
Posted by Muttel - 27 Dec 2024 19:22

I too am a victim of a victim.

separating myself from my trauma and understanding that my struggles in large part stemmed from my trauma, was very helpful.

I still have more to do, but acceptance and understanding that all my experiences, even negative ones, are part of who I am today. Dare I say, I am proud of who I am today. I have much to improve in multiple areas, basic improvements, but I'm proud of myself.

The olam here at GYE helped me reach that realization.

Here's wishing for you and others to get there too....

Muttel

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Re: Thompson, with a 'P', as in psychology
Posted by jollylemur95 - 30 Dec 2024 05:29

[thompson wrote on 27 Dec 2024 15:08:](#)

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But I'm not giving up. If anyone has any insight on the matter that he can share, I'd appreciate it.

The only thing I can possibly say is that the whole limud of Chanuka is that Hashem does nisseem for us just because he loves us. He even does nisseem that were not necessary (eg: menorah, tumah hutra btzibur). His love for us is unconditional. Regardless of what we do.

I may add that Rav Akiva Eiger ZT"L said the way to come to Ahavas Hashem is to focus on his

love for us. When we do that, the love for him comes from "Kmayim Panim El Panim". Knowing how much he loves us which translates into our love for him gives a major motivation to clean up .

Just thought I would share

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

Posted by thompson - 02 Jan 2025 16:43

Slightly following Rav Leuchter's advice (thanks, Shem), one part in Halel captured my attention.

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One of the things threatening to keep me down is negative self-talk. When all feels bleak and hopeless, nothing anyone says can help me if I tell myself otherwise. When I'd get into a dark spot, it'd be impossible to get out of it because I'd be busy knocking myself for the next few days.

"You'll never learn."

"You're pathetic."

"You've got nothing to offer anyone."

"Just give up already."

"You can't even do something as simple as giving up."

"Your wife would be better off had she married someone else."

Chanukah had its fair share of ups and downs, but I'm learning to accept my failures and continue walking before God.

How will I merit to walk before Hashem in the lands of the living?

By (verbally) reinforcing my positive potential when I'm in pain.

Hearing others say it will never ring true to my soul - if I don't believe it.

It takes courage to believe, especially after years of telling myself the opposite.

Even though we are still a few hours from the finish line, and I'm well aware of how fast lust works, I'll still go ahead and say: Thank You, Hashem, for a Chanukah free from porn and masturbation.

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 03 Jan 2025 01:01

[thompson wrote on 27 Dec 2024 15:58:](#)

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Hineini.

I just came back from a Chanuka break. Catching up a bit.

Wow. This is beautiful, profound, and real.

Thank you.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 13 Feb 2025 16:54

Here's an update on my story:

The Good:

I haven't masturbated to porn in a while; in fact, I haven't masturbated at all in a (slightly shorter) while.

The Bad:

I began using porn much more as an end in itself.

The Ugly:

On the one hand, I feel that because I don't masturbate and thus don't get the release, my porn sessions can, and do, go on for much longer. On the other hand, it seems that I've divided my problematic behaviors and started conquering them. On the third hand (I've heard some people calling this "the first foot"), this all might be stinkin' thinkin'.

To be honest, what bothers me most about my current porn viewing habits isn't so much the "porn" and "GYE" aspect as much as the wastefulness. Of course, it also bothers me that it's not good for me and hurts my marriage, etc. But more than that is the fact that whenever I feel a slight discomfort (mostly at work), instead of confronting the feeling and doing what needs to get done, I run to porn for comfort, and before I know it, 45 minutes have passed, and I'm numb. And, as I mentioned earlier, because I don't masturbate, there's no resolution, so I can just crank it up again five minutes later.

At any rate, I'm happy that I've mitigated one aspect and annoyed that the other one has intensified.

Whack-A-Mole.

Otherwise, things have BH been trending upwards. My moods, patience for my wife and kids, grappling with darkness, living in the long shadows of the past, and a storage unit full of demons are BH becoming more manageable and, in some cases, enjoyable. This is not to say that life is a bowl of cherries (or whatever metaphor you fancy for a problem-free life); tough days still arise but I'm learning to be tougher.

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 14 Feb 2025 03:44

A small helping of growth is worth more than a truckload of pretty much anything else, is how I look at it.

Stinkin' thinkin' (to me) is when the rationalizations justify the negative behavior or reinforce staying in comfortable negative patterns. I don't think your post is either. Seems like an honest report of incremental growth. Which is the valuable kind.

Thank you for sharing - it picked me up on this cold and dreary evening.

chaimoigen

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