

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 alex94 - 16 Jul 2025 18:51

[thompson wrote on 16 Jul 2025 17:26:](#)

As of an hour ago, it's been 17 days since I last watched porn.

Today, in the middle of Shachris, a video I've masturbated to multiple times emerged from the dark recesses of my memory and lodged itself into the forefront of my consciousness. Without getting into the nitty-gritty of it, this video has always elicited an intense reaction from me due to

many factors from my past (as I understand them now). I tried several techniques to stave it off, knowing that it would be intensely gratifying for the time being and would leave me feeling like sh*t, but ultimately, here we are.

It's been an hour since I last watched porn.

I'm grateful to be alive.

10 for courage

10 for honesty

KOT!

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Re: Thompson, with a 'P', as in psychology
Posted by redfaced - 16 Jul 2025 19:11

[alex94 wrote on 16 Jul 2025 18:51:](#)

[thompson wrote on 16 Jul 2025 17:26:](#)

As of an hour ago, it's been 17 days since I last watched porn.

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10 for courage

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KOT!

7 for reaching out....

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 17 Jul 2025 15:42

Dear Thompson,

I'm not here to take you on a guilt trip or to judge you. What you did yesterday was unfortunate. You tried escaping the discomfort, but it hurt you, and you know it.

Remember how you felt for the two weeks leading up to yesterday. You were energized, you had the drive to connect with your wife, and there was a spring in your step. Contrast that with how you feel now. Depleted. Lethargic. Irritable. Your mind is scattered all over the place. Last night, you almost yelled at your son to shut up as he described his day at camp. This is not the life you want. This is not the husband your wife deserves, nor the father your children need. Everyone needs you to take responsibility for your life. Your problems, while not your fault, are your responsibility. Only you have the power to create a life worth living.

I want to reiterate, I don't judge you for what you did yesterday; I have the utmost compassion for you. You lost your equilibrium because of that memory, and in a moment of desperation, you decided that the fastest way to get out of the storm of it was by watching it. I understand the rationale. But as we advance, let's remember that a) it didn't work - four hours later, you watched porn again, and b) it's better to ride out the discomfort of an unwanted porn scene

hijacking your brain than to feel like a dump for the next day.

I'm here to remind you that you can do this. You were doing great, putting in hard work over the past few weeks in several key areas of your life. Keep it up. Let's use this experience to internalize that, as gratifying as it might be - and I'm not diminishing that aspect - porn hurts you, and the costs far outweigh the benefits.

With love and compassion,

Thompson (the father version).

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Re: Thompson, with a 'P', as in psychology
Posted by yosefthet zadik - 17 Jul 2025 19:00

[Muttel wrote on 08 Jul 2025 17:09:](#)

Not to hijack here - but definitely not weird. Many have this struggle and as the great Thompson has stated, recognizing it as normal is key to overcoming it. Parenthetically, the Noda BeYehuda has a teshuva writing of a very choshuva yingeman (slept on a bed only friday nights because he was such a masmid) who slept with his shvigger for 3 years. the noda beyehuda didnt think it was weird at all.....

You just had me learning a complex and very deep ????? from the ???? ?????? for over an hour! Thanks for being ???? me...

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Re: Thompson, with a 'P', as in psychology
Posted by chaimoigen - 17 Jul 2025 19:02

[thompson wrote on 17 Jul 2025 15:42:](#)

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I'm here to remind you that you can do this. You were doing great, putting in hard work over the past few weeks in several key areas of your life. Keep it up. Let's use this experience to internalize that, as gratifying as it might be - and I'm not diminishing that aspect - porn hurts you, and the costs far outweigh the benefits.

With love and compassion,

Thompson (the father version).

Thank you. To me personally, this is the best post I've seen in a while.

Besides the courage and vulnerability, the growthfulness, there's a lot to learn.

Thankfully I haven't messed up with inappropriate content or behavior in a while, but I've done things I regret (in other areas).

thank you for showing us how to approach healthy, compassionate regret in a constructive way, while avoiding counterproductive guilt....

For what it's worth, I think you're doing incredible work, and that sharing it as you are is probably helping folks.

Here's an admiring, warm hand,

chaimoigen

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 17 Jul 2025 20:58

[chaimoigen wrote on 17 Jul 2025 19:02:](#)

Thank you. To me personally, this is the best post I've seen in a while.

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thank you for showing us how to approach healthy, compassionate regret in a constructive way, while avoiding counterproductive guilt....

For what it's worth, I think you're doing incredible work, and that sharing it as you are is probably helping folks.

Here's an admiring, warm hand,

chaimoigen

Thank you, Comrade Enayim.

I appreciate your positive feedback.

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

Posted by Muttel - 18 Jul 2025 12:58

Dear Thompson,

I'm not here to take you on a guilt trip or to judge you. What you did yesterday was unfortunate. You tried escaping the discomfort, but it hurt you, and you know it.

You lost your equilibrium because of that memory, and in a moment of desperation, you decided that the fastest way to get out of the storm of it was by watching it. I understand the rationale. But as we advance, let's remember that a) it didn't work - four hours later, you watched porn again, and b) it's better to ride out the discomfort of an unwanted porn scene hijacking your brain than to feel like a dump for the next day.

With love and compassion,

Thompson (the father version). This is super powerful, Thompson.

For all those that didn't take heed of this line - it has been useful to many I've spoken to. Many of us succumb to triggers/pressures/lures to fall because it's the fastest way to be rid of the

uncomfortable feeling of being triggered. If we'd adopt a mentality of acceptance, where we understand that we're triggered and are ok with it, we'd be able to stay strong and not succumb. After all, we're humans and normal humans get triggered.... Accepting it and being ok with it can be super helpful in not acting out.....

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 23 Jul 2025 14:42

I'm grateful that the weekend was better than I anticipated (yes, I know it's wensday [sic], I'm still grateful).

I'm grateful that I haven't watched porn for a week.

I'm grateful that I started meditating again.

If this made you think that life is pleasant and delightful or that I've become enlightened, it isn't, and I haven't.

I still have enough problems to keep me miserable till kingdom come, but I'm trying to focus on the ceiling tiles that aren't missing.

Maybe if I do this long enough, I won't feel the need to add this disclaimer (which I just realized is longer than the first part).

I'm grateful that I have the energy to focus on the tiles I have.

HakadosBaruchHuSpeed

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Re: Thompson, with a 'P', as in psychology
Posted by hashemisonmyside - 23 Jul 2025 18:15

BTW Wed. is already the start for the weekend, so if the weekends make you feel better you can make the whole week into the weekend, as till Wed is the last week and from Wed is already the weekend... just an idea to Farmish the YH

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 23 Jul 2025 18:18

[hashemisonmyside wrote on 23 Jul 2025 18:15:](#)

BTW Wed. is already the start for the weekend, so if the weekends make you feel better you can make the whole week into the weekend, as till Wed is the last week and from Wed is already the weekend... **just an idea to Farmish the YH**

Judging by my state of farmishedness, I know who I might be.

Wow, what a plot twist.

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Re: Thompson, with a 'P', as in psychology
Posted by davidt - 24 Jul 2025 17:27

[thompson wrote on 23 Jul 2025 14:42:](#)

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If this made you think that life is pleasant and delightful or that I've become enlightened, it isn't, and I haven't.

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HakadosBaruchHuSpeed

A week clean and back to meditating - that's real progress, my friend.

I love the ceiling tiles metaphor. You're right that focusing on what's NOT broken doesn't magically fix everything else, but it's a much better place to build from than staring at all the holes.

The fact that you have energy to even notice the good tiles? That's huge. Depression and this struggle both love to make us blind to anything positive.

Keep counting those tiles. The disclaimer will get shorter as the gratitude gets louder.

Proud of you for the week clean.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 28 Jul 2025 15:19

Some recent conversations brought up an interesting topic to me.

What I'm writing below is not to preach or to teach. It's to help me internalize the message, and I thought others might find it helpful, so I'm sharing it publicly.

There's a gotcha question that pseudo-intellectuals like to ask unsuspecting normies, and that is, "Who are you?" Every attempt by the muggle to answer is categorized as "that's just your name," "that's just your occupation," "that's just your hobby, I'm asking who YOU are." Stumpify. So what's the real answer? For starters, try to avoid engaging with such individuals. But the trick lies in people not realizing that words are too meager to describe the essence of a human being. We can use words to define specific attributes, such as a name, occupation, hobbies, and desires, and then allow the hearing party to form their own perception of an identity of "who" this person is (which will inevitably be shaped by their past experiences, but that's another spin).

When someone laments, "I have all this lust and these crazy desires, I masturbate to porn, but that's not the real me," it makes me wonder, why not? Try telling a copper, "But Officer Krupke, I didn't run that red light! I promise! The real me would never do such a thing!"

We are comprised of many elements. Some of them align with our values and thus make us proud, and we'd like to be associated with them. Others are dissonant, so we wish they weren't part of us, but they are. Everything that happens to us and everything we do becomes part of us in one way or another. Our current life might be a jarring contrast to our memories of how we felt and behaved in childhood, but there's no undo button for life experiences.

Our job is to accept all of our bits and pieces. Especially the ones we think are unacceptable. To become one whole, integrated person. There shouldn't be a "real me" and a "lust me." Just all of me rolled into one comfortable sack. We struggle with this notion because we're afraid that if we acknowledge and validate our lust/anger/laziness and give it a proper seat at our table, it'll take over and we'll be responsible for it (or worse yet, *people will find out*). But the opposite is true. As long as we try to deny a part of us, it'll fight back and make sure it's heard. That's where the "struggle" lies. And, just as a father needs to accept his difficult (read: suffering) teenager and not deny or attempt to change him, if we accept and acknowledge our dissonance, we have a chance at peace and harmony.

Peace and harmony for the people.

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

Posted by thompson - 28 Jul 2025 16:36

In other, non-philosophical, news, 'twas a beauty of a Shabbos.

Delicious food.

Good company.

Fantastic conversations.

Geshmak Davening.

Great learning.

Awesome Baalei Tefilah.

Beautiful weather.

Serene innards.

I'm grateful for all that and more.

And then I spent two hours on Motzei Shabbos in a darkened room watching porn and other nonsense.

Not always do the reasons rhyme.

I'm grateful for a clean and healthy Sunday despite the day starting with a terrific headache (thanks to the late MS).

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

Posted by alex94 - 28 Jul 2025 18:08

[thompson wrote on 28 Jul 2025 16:36:](#)

Not always do the reasons rhyme.

They often do not, and it makes things so much more scary, frustrating, and seemingly futile.

Please give yourself the credit you deserve for your Sunday win.

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