

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 - 30 Jul 2024 17:34

[BenHashemBH wrote on 30 Jul 2024 17:32:](#)

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

[BenHashemBH wrote on 30 Jul 2024 17:21:](#)

[thompson wrote on 30 Jul 2024 17:13:](#)

[BenHashemBH wrote on 30 Jul 2024 17:10:](#)

Guilty.

Are you rationalizing your rationalization?

If you can find my old thread you'll see what my mind is capable of.

It creates hoops and jumps through them too.

Are you running this circus or just acting in it?

What do you do with your thoughts of being a failure at being a failure?

I'm the elephant and the stand.

The lion tamer and the audience.

The clown and the child with Coulrophobia.

The magician and his 7/8 nude female assistant.

I'm what some call a one man show.

If you are everything, **then there is no one left** to call you anything.

Perfect.

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

Posted by redfaced - 30 Jul 2024 17:40

Either way, welcome back

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

Posted by proudyungerman - 30 Jul 2024 17:52

[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.?

Ouch. I am feeling for you, brother.

It seems like I'm coming late to the current party, but I am more curious than anything else.

Why are you afraid to lose? What about it scares you? Do you expect perfection immediately? If so, why?

Why don't you want people responding with the classic "You didn't fail! Every day clean etc."?

Either way, I am feeling for you.

From a fellow detective, er, brother, here's a hug!

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

Posted by cande - 30 Jul 2024 18:24

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

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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.?

To sum it up,

you get a **Fx10**

you may need to resign

Warning: Spoiler!

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

Posted by thompson - 01 Aug 2024 18:05

[proudyungerman wrote on 30 Jul 2024 17:52:](#)

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Why are you afraid to lose? What about it scares you? Do you expect perfection immediately? If so, why?

Why don't you want people responding with the classic "You didn't fail! Every day clean etc."?

Either way, I am feeling for you.

From a fellow detective, er, brother, here's a hug!

I'm still mulling over these questions.

Good stuff.

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

Posted by chaimoigen - 02 Aug 2024 04:39

I ought to have known. That edge that cuts like glass in the mouth.... it hurts, but it's soooo smooth...

I have less answers today than I had yesterday. But, I'm starting to feel that questions themselves, sometimes, are answers.

Focus on identifying with failure is complicated. Beyond Shem's cogent point, with which I wholeheartedly agree, I also think that "Failure" has a finality to it. I prefer "Failing". It's more dynamic. When you fall on your face, you're still here. I think that's something- the being here.

In and of itself.

Will you say that that is a feel-good delusion?

Maybe. But I think it's not.

It may be a cliché, but this is still one of my favorite poems:

Do not go gentle into that good night,

Old age should burn and rave at close of day;

Rage, rage against the dying of the light.

Though wise men at their end know dark is right,

Because their words had forked no lightning they

Do not go gentle into that good night.

Good men, the last wave by, crying how bright

Their frail deeds might have danced in a green bay,

Rage, rage against the dying of the light.

Wild men who caught and sang the sun in flight,

And learn, too late, they grieved it on its way,

Do not go gentle into that good night.

Grave men, near death, who see with blinding sight

Blind eyes could blaze like meteors and be gay,

Rage, rage against the dying of the light.

And you, my father, there on the sad height,

Curse, bless, me now with your fierce tears, I pray.

Do not go gentle into that good night.

Rage, rage against the dying of the light.

— *Dylan Thomas*

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

Posted by eerie - 02 Aug 2024 19:41

I am showing up really late to the party, so late I'm afraid everyone has left.

Listen to me, my dear Thompson, everyone has given you the smart and cute answers already, so I'll just cut to the chase.

Yes, you have fallen. And yes, there is hope. YOU can change! Your future can redefine your past!

But how? How can you change?

First of all, give CO a call. And keep bothering the hell out of the guy. You gotta be selfish sometimes.

Second of all, you gotta stop being a perfectionist. Not that that's easy. But you gotta embrace yourself and your imperfections, just work on your self. We are not perfect, we are not meant to be perfect. There's a nice vort from Reb Moshe Feinstein zt"l, it says about Moshe Rabbeinu ??? ???? ???? . Reb Moshe says it means he was totally not embarrassed that he made a mistake! Because that's what humans do. Messing up is normal, it's what we do afterwards that defines us.

So, you came here afterwards. That's a pretty fine definition.

My friend, I'd love to make your acquaintance.

If I may add one more point, and I hope my friends here will forgive me.

I've been around a little bit. Spoken to a few guys. I have rarely seen a guy really make it to long-term, sustainable freedom from all the garbage without making friends here. Thompson, it may not apply to you, because for all I know you have already chased down some miscreants together with some of the guys here...but maybe it does apply. Reach out today to the GYE

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 06 Aug 2024 14:09

[eerie wrote on 02 Aug 2024 19:41:](#)

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Clearer words are usually not spoken.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 06 Aug 2024 14:51

Day 5. I think. Somewhere between 3 and 10.

My wife recently gave birth to a mini-human. I was in the room when they assigned the gender. Instinctively, I wanted to protest. How dare they assume the gender just on account of the body?!

How shallow and primitive can these people be?!

But I remembered that this was the little person's time to holler, so I waited my turn. I'm still waiting. They say this might take a while.

The darn deep state.

In the meantime, I'm considering pouncing on this opportunity and opening a thread in the BB section complaining and grumbling about how hard it is to stay clean while we're unclean.

This could be good.

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Re: Thompson, with a 'P', as in psychology
Posted by BenHashemBH - 06 Aug 2024 15:09

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section complaining and grumbling about how hard it is to stay clean while we're unclean.

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Mazel Tov!

Go for it. I'm sure the discussion will be (moderately) productive and helpful for a lot of people.

Hatzlacha

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Re: Thompson, with a 'P', as in psychology
Posted by 138eagle - 06 Aug 2024 18:50

[thompson wrote on 06 Aug 2024 14:09:](#)

[eerie wrote on 02 Aug 2024 19:41:](#)

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center nearest you.

Clearer words are usually not spoken.

I cannot agree more.

I have been here for more than 5 months already and I have been clean for a full 5 months. However I was reached out to and I began to post and to talk to the chevra and everything

moved to next level. Untill I began to reach out and talk to everyone, I was clean on the outside and that was it. Don't get me wrong that in itself is a great accomplishment. However, now I am not just clean, **I am clear** about what it takes to really be clean inside.

Don't be shy or nervous. We here will not judge you, we will just be there to hold your hand through this journey.

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Re: Thompson, with a 'P', as in psychology
Posted by thompson - 06 Aug 2024 19:16

Eerie doesn't let me be a perfectionist.

138eagle doesn't let me be shy or nervous.

Any other intimately held traits I should get rid of while I'm at it?

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Re: Thompson, with a 'P', as in psychology
Posted by chosemyshem - 06 Aug 2024 19:20

[thompson wrote on 06 Aug 2024 19:16:](#)

Eerie doesn't let me be a perfectionist.

138eagle doesn't let me be shy or nervous.

Any other intimately held traits I should get rid of while I'm at it?

Probably most of them. To be precise, any manifestation of your ego is out.

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

Posted by 138eagle - 06 Aug 2024 19:33

I would like to add a bit of chizuk here that I think may be appropriate. I recently shared this with a few of the chevra that I spoke to.

I heard this from Rav Noach Orlowek ????? in Torah Ore in Yerushalayim. It is a powerful message for recovery.

A woman was attending AA meetings for about 2 years. The leader who was someone that was part of AA for about 12 years already and who was someone considerably older than her approached her and told her, "you are dry for longer than I am". She responded how on earth? You have been here much longer than me? He responded by saying, "Yes, but you were up earlier than me today".

Each day is a new challenge, and each day is a new triumph!

Internalize this message and you will fly

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