

 ANOTHER
WAY 2023
TO FROLIC ON
MASTURBATE 

GOONING



SHWALKER

*Sharing porn is something I've been wanting to do my **entire life**.*

***Discord server** for over 6000 users and a Subreddit with 56k users specializing in gooning culture.*

*My favorite thing about gooning is **being open about porn****



RANDY

*Just over **4 years** involved in the gooning community.*

*Been gooning for **even longer**, whether referred to that or not.*

*My favorite thing about gooning is that **it's liberating**.*

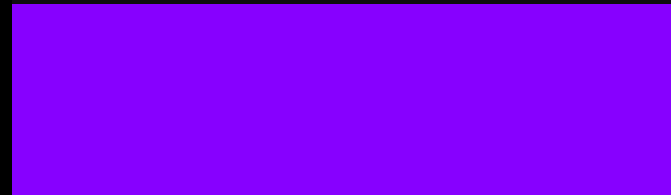
AGENDA

 *Define "gooning"*

 *Deep dive*

 *Our perspective*

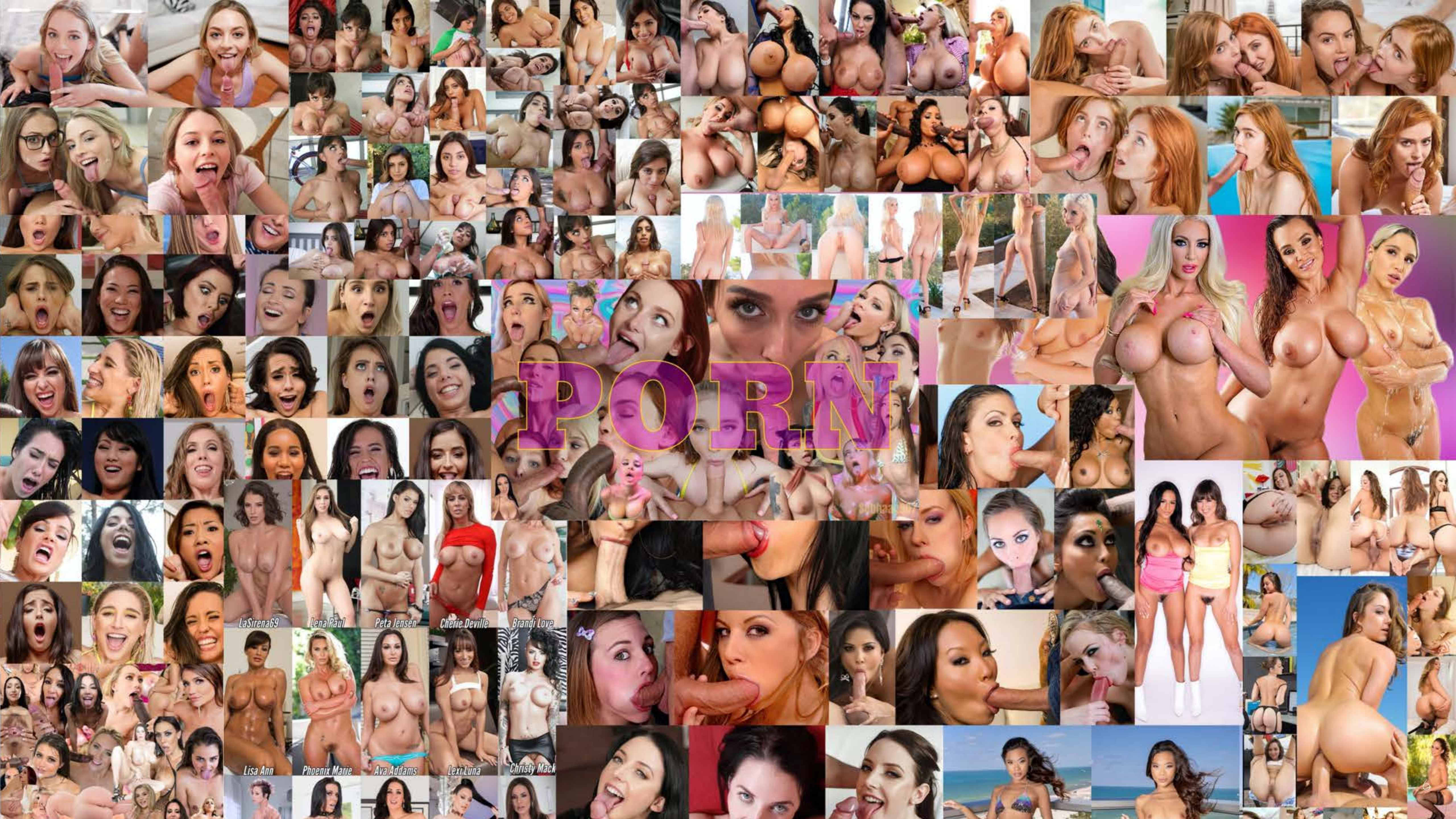
 *Resources*

 *Q&A*

WHAT THIS PANEL IS NOT

1. *A discussion on the **ethics** of porn*
2. ***Therapy** for porn addiction*

***Trigger warning** ...this panel has LOTS of pornography in it 🙈*



PORN

LaSirena69

Lena Paul

Peta Jensen

Cherie Deville

Brandi Love

Lisa Ann

Phoenix Marie

Ava Addams

Lexi Luna

Christy Mack

Who has heard of gooning?



SO
**WHAT IS
GOONING**
ANYWAY?

GOONING

— *[achieving] a euphoric mental and physical state typically achieved from prolonged masturbation.*

*"Gooning is a sort of **modernized version of tantric sex/masturbation** without the spiritual aspects that have been traditionally associated with it in the past"*

<https://melmagazine.com/en-us/story/gooning-porn-how-to-goon-reddit-edging-masturbation>

"Gooning is riding and prolonging the euphoric rush one feels when masturbating to either one's own thoughts, a sexy looking pile of shapely rocks, or whilst watching good olde fashioned pr0n."

<https://popgoestheadict.bdsmr.com/post/325395474>

"Gooning is not a narcissistic manifestation. Narcissism is extreme selfishness, with a grandiose view of one's own talents. Rather, gooning is closer to a meditation experience, where the mind and the body align, focused on a single thought (or feeling, in this case)."

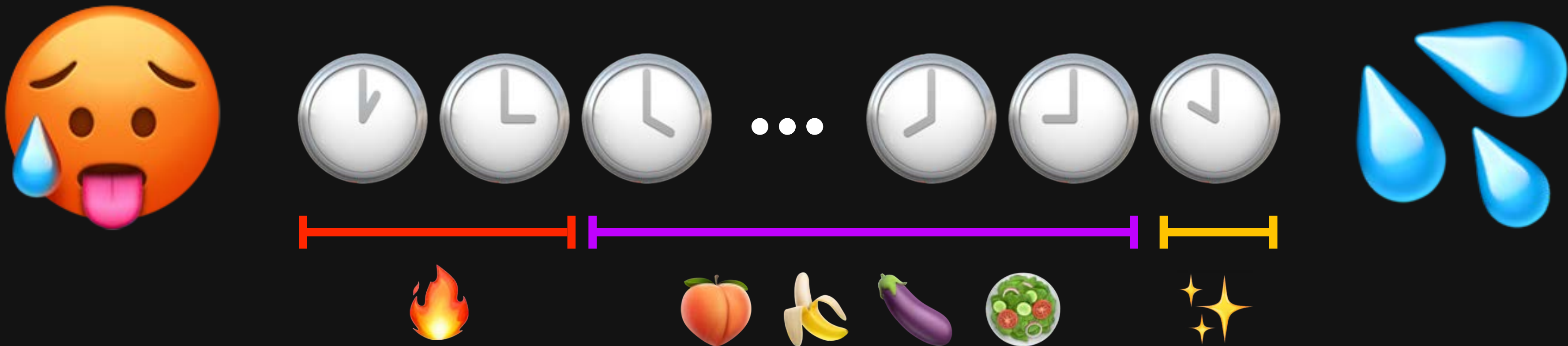
<https://www.urbandictionary.com/define.php?term=gooning>

*""Gooning" can have different meanings depending on the context. **In some circles,** it is used to refer to a state of intense sexual arousal without necessarily engaging in any sexual activity. It may involve a person becoming highly stimulated through the use of pornography or sexual fantasies to the point where they are unable to control their actions or thoughts."*

*"However, it is important to note that this term is not widely used or recognized outside of certain online communities, and it is not a medically recognized term. Furthermore, the behavior associated with "gooning" can be problematic or even **harmful if it interferes with a person's daily life or relationships.** If you are concerned about your own behavior or that of someone you know, it may be helpful to seek the guidance of a mental health professional."*

THE GOON STATE

What is it like?



"Nggghhh, I'm so *gooned* out..."

"I was *gooning* for 11 hours yesterday!"

"Where can I meet other *gooners*?"

"I can't wait to start my *goon session*."

THE ACT VERSUS THE KINK

*There is difference between the **act** of
gooning and the **kink** of gooning.*

THE '**KINK**' OF GOONING IS FETISHIZING **PORN ADDICTION***

**while striving for balance between
fantasy and reality.*

THE STIGMA

PORN IS BAD!

PORN IS BAD FOR YOU!

YOU'LL GO BLIND!!!!

THE STIGMA

We acknowledge this stigma, but some gooners are attracted to the negative connotation of porn, fetishizing it - others don't.

SOME GOONER TERMS YOU MAY SEE

 **PUMP/RUB** 

 **AHEGAO** 

 **LEAK** 

 ***EDGE** 

EDGE/EDGING ✨

*"...the sexual practice of bringing someone [or yourself] to a point of orgasm but **postponing it over space and time** in order to create heightened arousal."*

<https://www.kinkly.com/definition/8634/gooning>



OINK



GOONCAVE



NNGGHHHH



TRIGGERS*



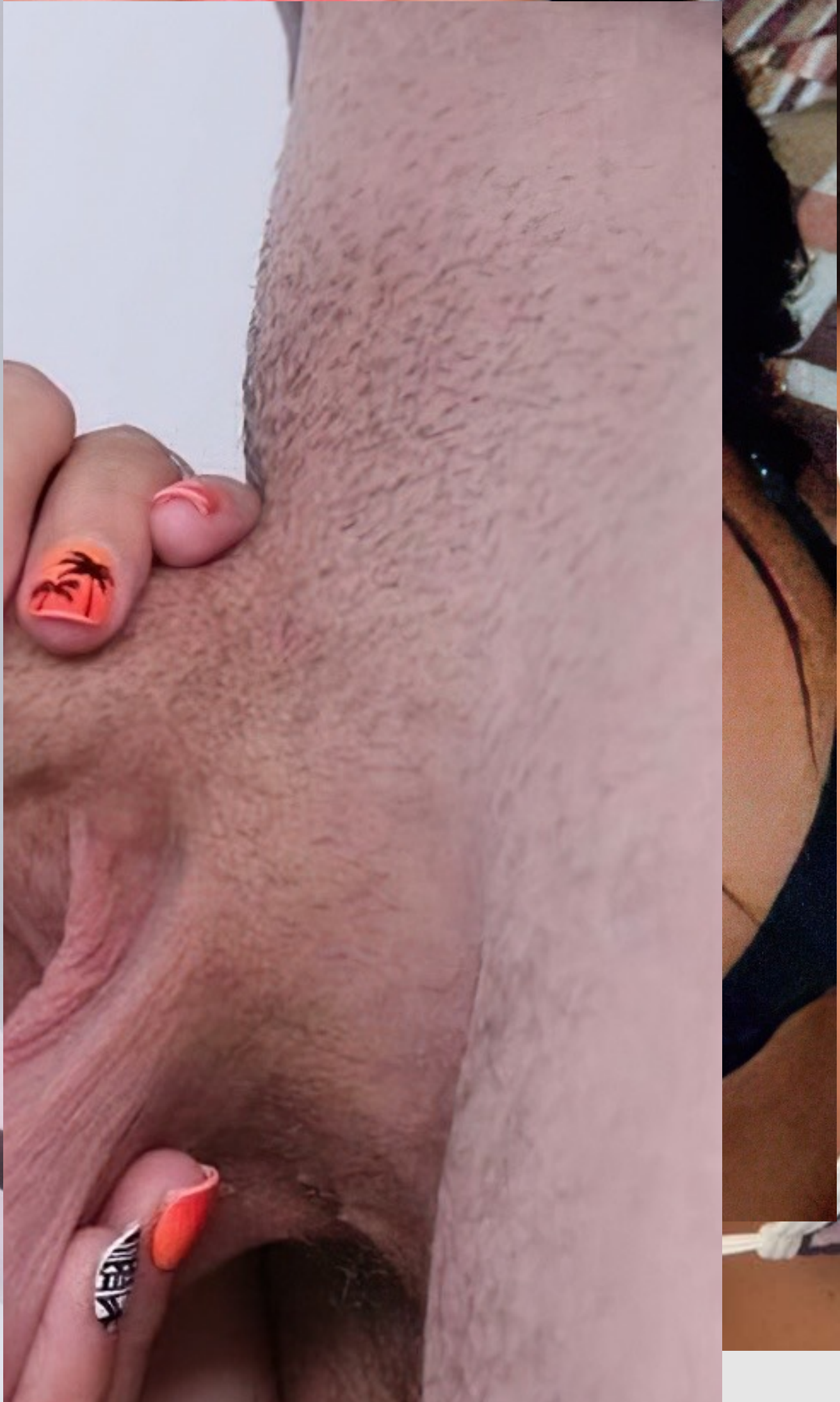
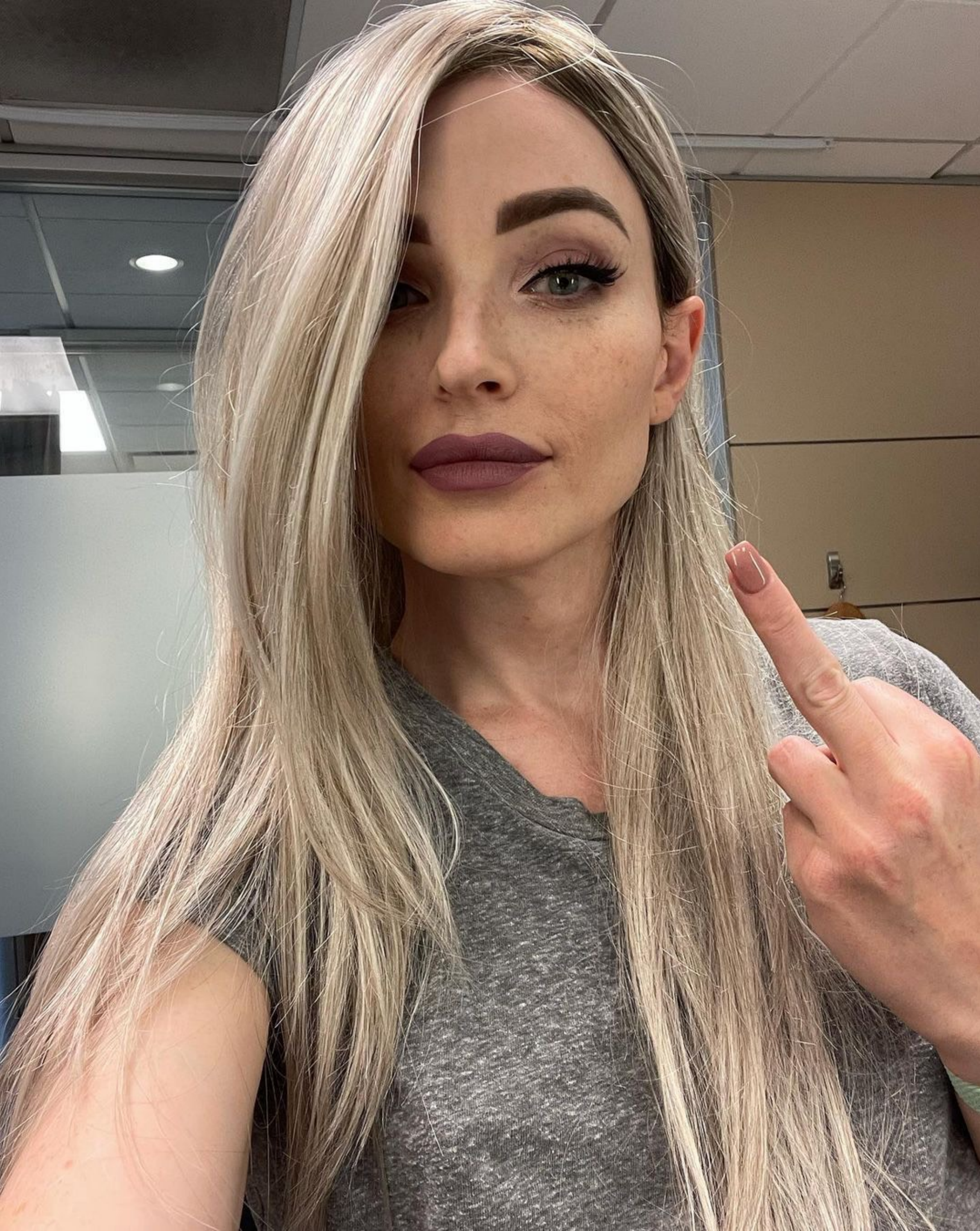
TRIGGERS ⚡

**THINGS THAT GET YOU
INSTANTLY GOING**

They pique your "addiction"

TRIGGERS





PORNOSEXUALITY

"A lifestyle in which pornography is all that matters and all one gets off on. This is beyond addiction - this is next level."

Random caption, unknown artist

TYPES

SOLO—

PAN—

**CAN I
GOON
WITH
OTHERS?**

YES!



YAY
STORY
TIME

THE GOONING COMMUNITY

bdsmlr b-d-s-'m— LUR

Reddit

Twitter

Independent sites/blogs

Discords

Club Goon (the genesis)

Porn Streaming Hub (26k)

PORNISM! 🏆

"Mainstream" sites too!

Spankbang

Pornhub

THE GOONING COMMUNITY

"Isolated but connected"

<https://popgoestheaddict.bdsmr.com/>

WHAT MAKES GOONING UNIQUE?

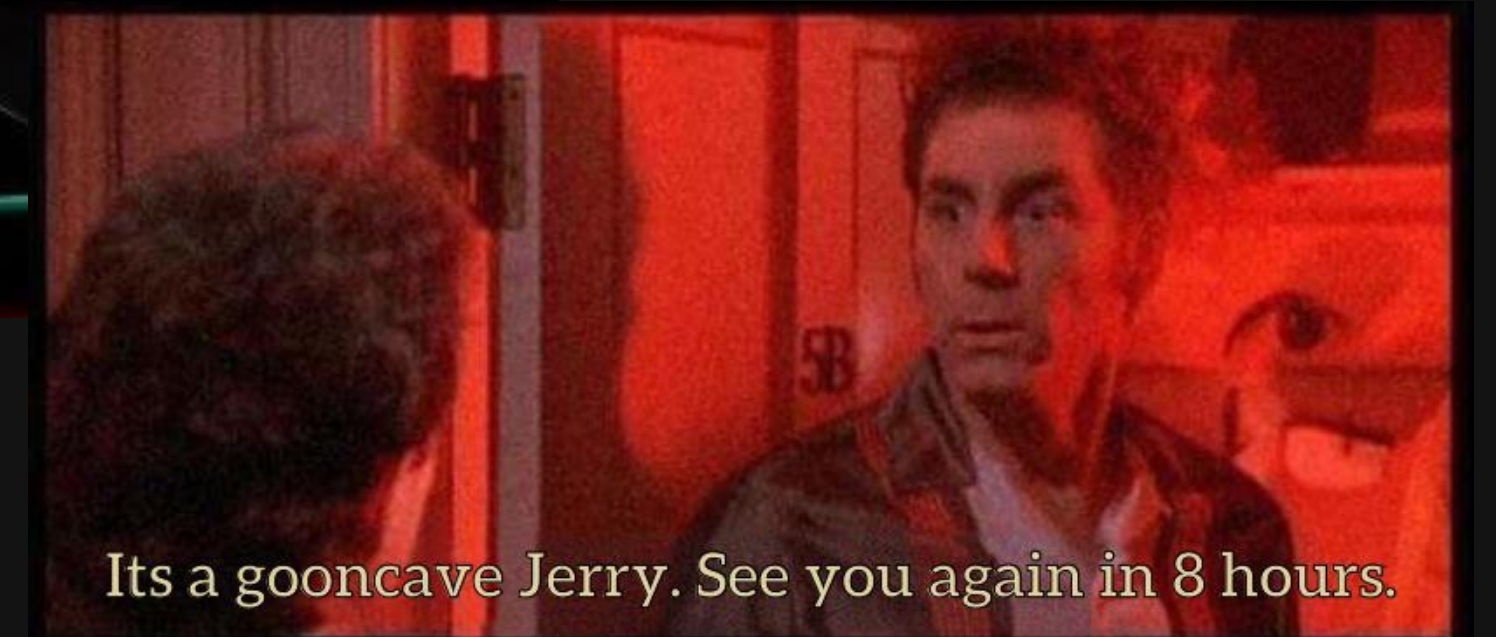
Encouragement from a group

"Babbling"

Cams / mics

GOON SESSIONS!

GOONCAVES



<https://www.vice.com/en/article/93k9gp/enter-the-goon-cave-where-porn-and-masturbation-is-all-that-exists>

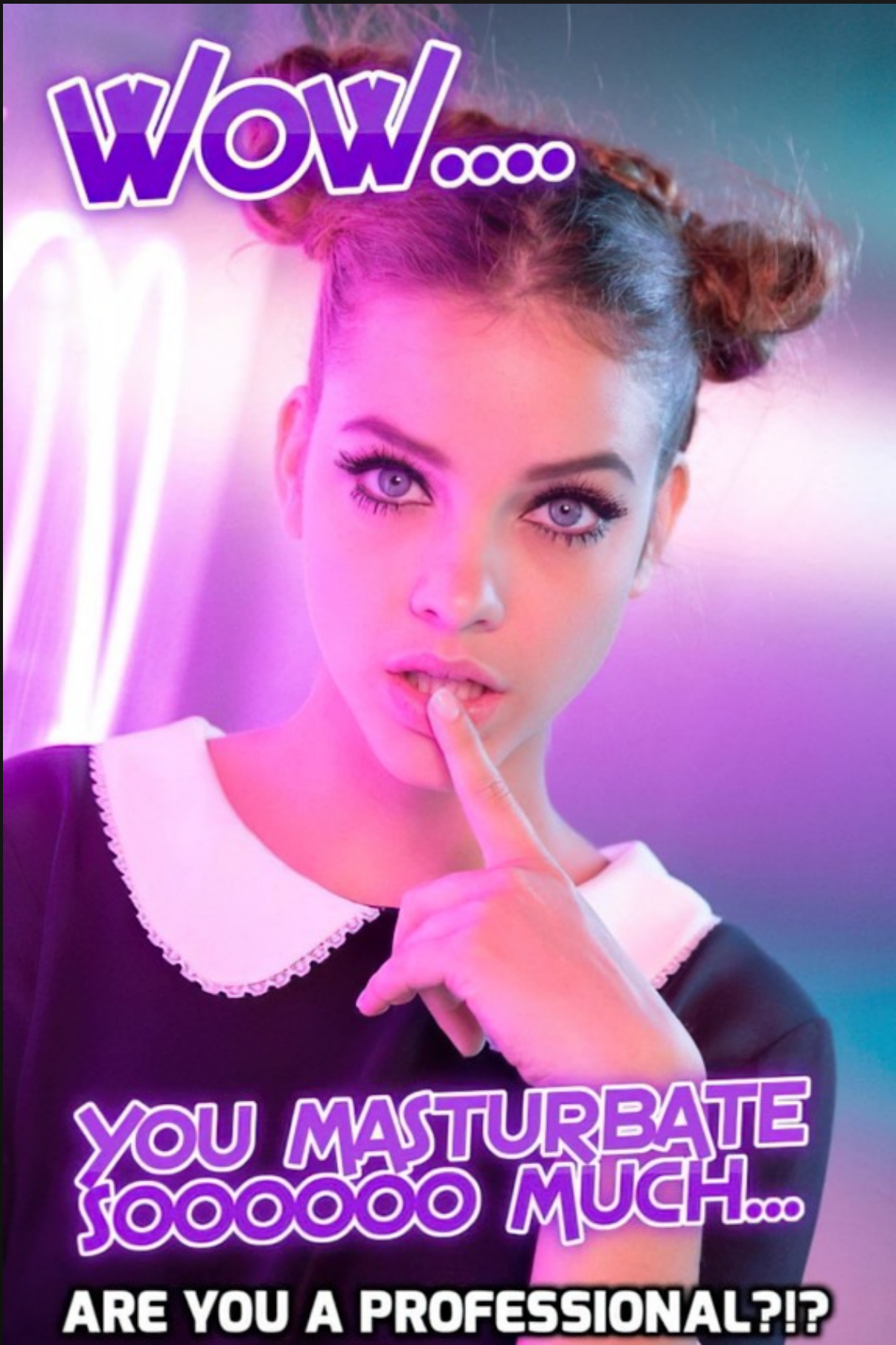






PORN ART

PORN ART CAPS



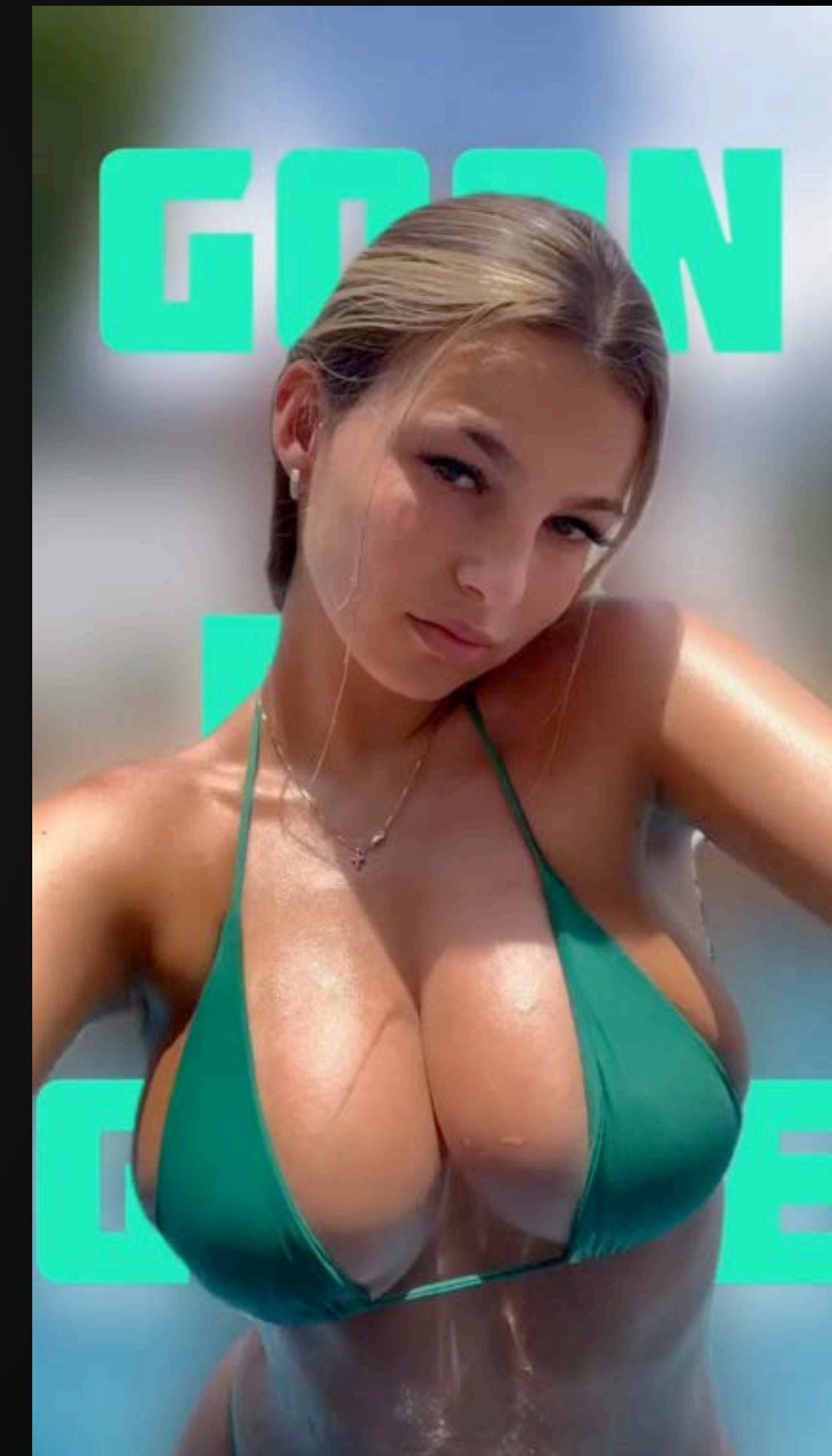
PORN ART CENSORED



PORN ART
CENSORED

PORN ART PMV

PORN ART HYPNO/JOI



PORN ART AI



SOME
TYPES
OF GOONERS

Nobody Cares That You're a Loser

IT DOESN'T MATTER YOU
HAVE NO FRIENDS

EVERYONE KNOWS YOU ARE
WORTHLESS

EDGE
LEAK
REPEAT

LOSER LIFE

webyoung.com

Loser Gooners

*Gets off on self-degradation
(negativity) of being a "porn addicted
loser"- feeding into the stigma of porn-
consumers everywhere!*



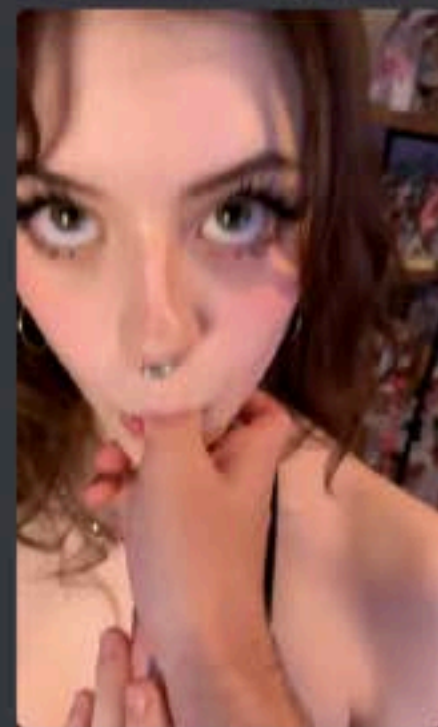
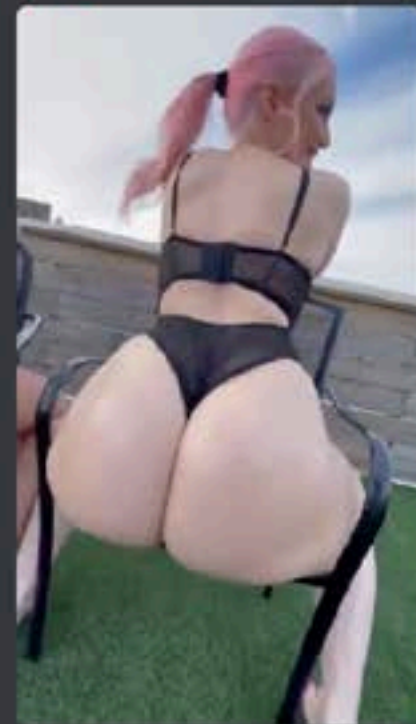
Porn Piggies 🐷

Gets off on being so deep into the goon state that it gets... primal.

babble-👉👈👉👈 Channel has no timer, please be respect



MK_ Today at 8:20 PM



eroticlust Today at 8:20 PM



babble-👉👈👉👈 Channel has no timer, please be respectful. One post t



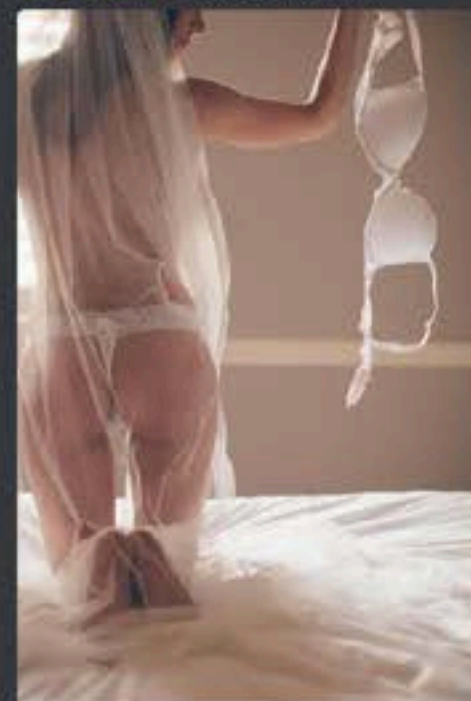
eroticlust Today at 8:11 PM



derdiedas [germany] Today at 8:11 PM



eroticlust Today at 8:11 PM



Happy Today at 8:15 PM



Feeders

Gets off on sending porn to another person or a group.

(but don't expect/demand it!)



Porn Mommy/Daddy

*Relationship between 2 people
akin to dom/sub (i.e. mommy
& piggy)*

*Also - can be a pornstar as
someone's Mommy or Daddy.*



Porn Love

Someone who feels embraced by porn and loves themselves being immersed in porn.



Porn Worship

*Worships the idea of porn
itself in a spiritual way.*

WHAT
IS OUR
TAKE ON
ALL THIS?

PORN POSITIVE

Responsible

"Do your chores!"

Respectful

No kink-shaming! 🙄

PORN POSITIVE

Reward

Rejuvenate

Nothing to hide

Release

Reset

No shame

Recenter

Rate 

No degradation! 

YAY STORY TIME



**WHAT'S THE MOST
IMPORTANT PART TO
BECOMING OR
COMING OUT AS A
GOONER?**

Honesty!

RESOURCES

- ▶ <http://thepornfolio.com/>
- ▶ <https://www.pornrealityoriginals.com/>
- ▶ <https://whoreuro.com/pornosexual-guide-to-porn-addict-goon-terminology/>
- ▶ <https://projects.bi-caps.com/faq/>
- ▶ <https://www.urbandictionary.com/define.php?term=gooning&defid=1415559>
- ▶ <https://www.kinkly.com/definition/8634/gooning>
- ▶ <https://www.reddit.com/r/GoonFeed/>
- ▶ <https://melmagazine.com/en-us/story/gooning-porn-how-to-goon-reddit-edging-masturbation>
- ▶ <https://xhamster.com/posts/10035452>
- ▶ <https://www.vice.com/en/article/93k9gp/enter-the-goon-cave-where-porn-and-masturbation-is-all-that-exists>
- ▶ <https://youtu.be/Sz62sJfSEJQ>
- ▶ <https://soundgasm.net/u/worship-porn-my-goddess>



RANDY

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Discord: randyBnubs#5101

FetLife: randygs

SHYWALKER

A horizontal rainbow flag graphic with four visible stripes: green, yellow, pink, and purple, positioned behind the end of the 'SHYWALKER' text.

Reddit: [r/PORNism](#)

Website: [shywalker.com](#)





Shy & Randy

NNNGGGHHHHH!