

 **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**.*

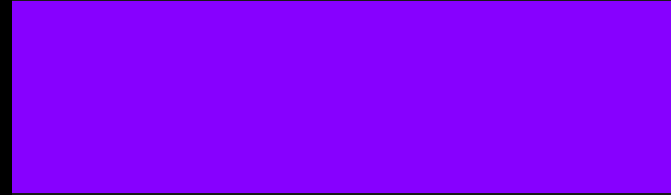
# AGENDA

 *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**

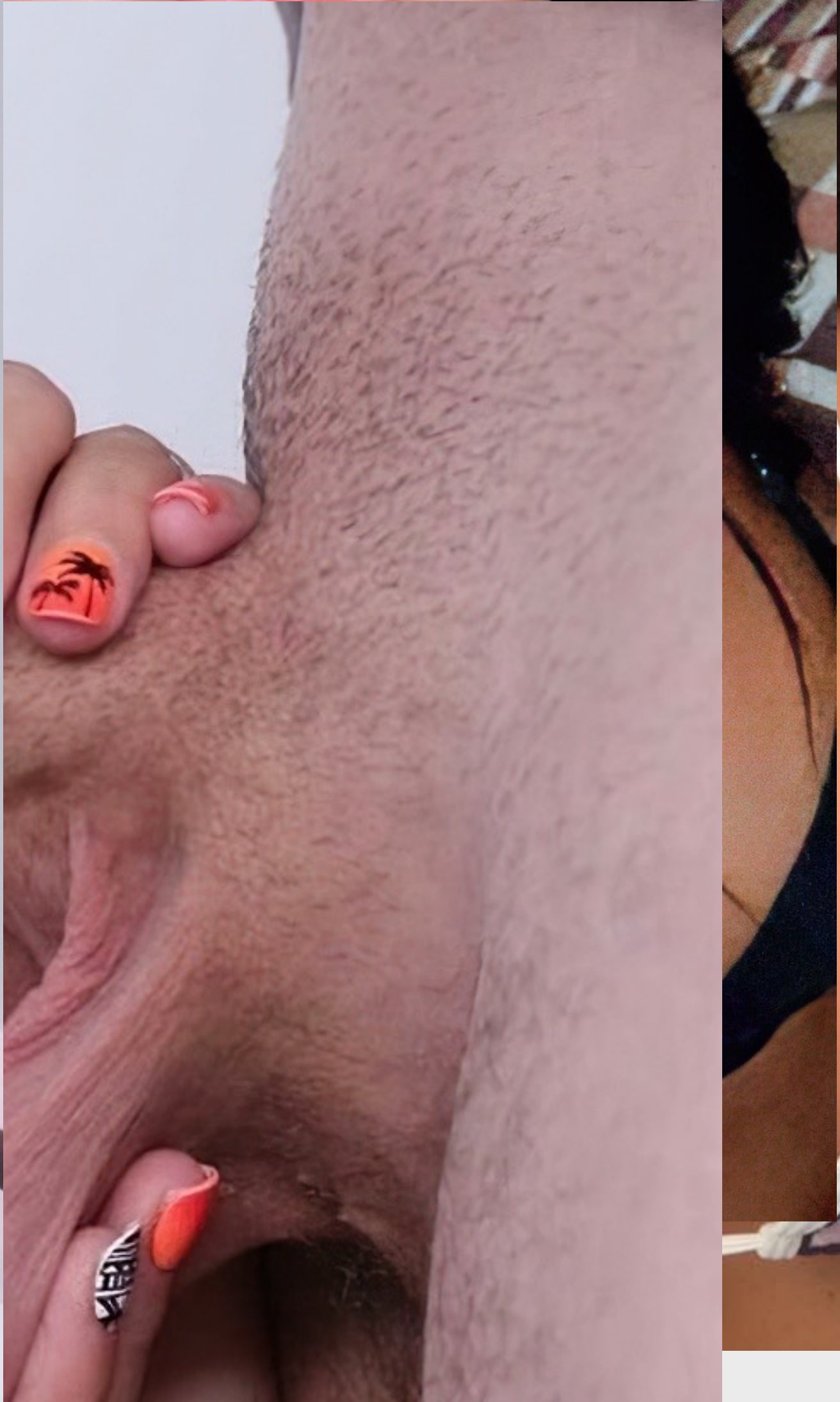
*They pique your "addiction"*



# TRIGGERS







OnlyFans.com/vastokun\_model



# 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!

The image shows a Discord server interface with a list of streams on the left and a 2x2 grid of live video thumbnails on the right. The stream list includes:

- stream-announce-only
- stream-chat-request
- radio-commands
- PORN Streams**
  - Blue Droid (LIVE)
  - CLUB AF... (LIVE)
  - dumdum... (LIVE)
  - LewdJohn... (LIVE)
  - Madelyn lov... (LIVE)
  - Red Droid (LIVE)
  - ayoob645
  - Bate Ape
  - dopaflend97430
  - DRHouse
  - Eisenmann
  - horryaussie
  - NeonGooner
  - Remy, Ruler of C...
  - Serial Fappist
  - Silmarillion
  - SleepyAmy
  - Triskel
- Voice Chat (69)
- Voice Connected (DRN Streams / PORN...)
- Video / Screen sharing options
- DRHouse #9089

The 2x2 grid of thumbnails shows:

- Top-left: A woman with blonde hair in a blue top, with a 'LIVE' badge.
- Top-right: A woman in a red bikini and another in a yellow bikini, with a 'LIVE' badge.
- Middle-left: A close-up of a woman's face with a 'LIVE' badge and the word 'SWALLOWED' in pink text.
- Middle-right: A woman's back and buttocks being touched, with a 'LIVE' badge.
- Bottom-left: A woman with curly hair in a dark top, with a 'LIVE' badge.
- Bottom-right: A man in a shower with a woman in a pink top, with a 'LIVE' badge.



# GOONCAVES



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









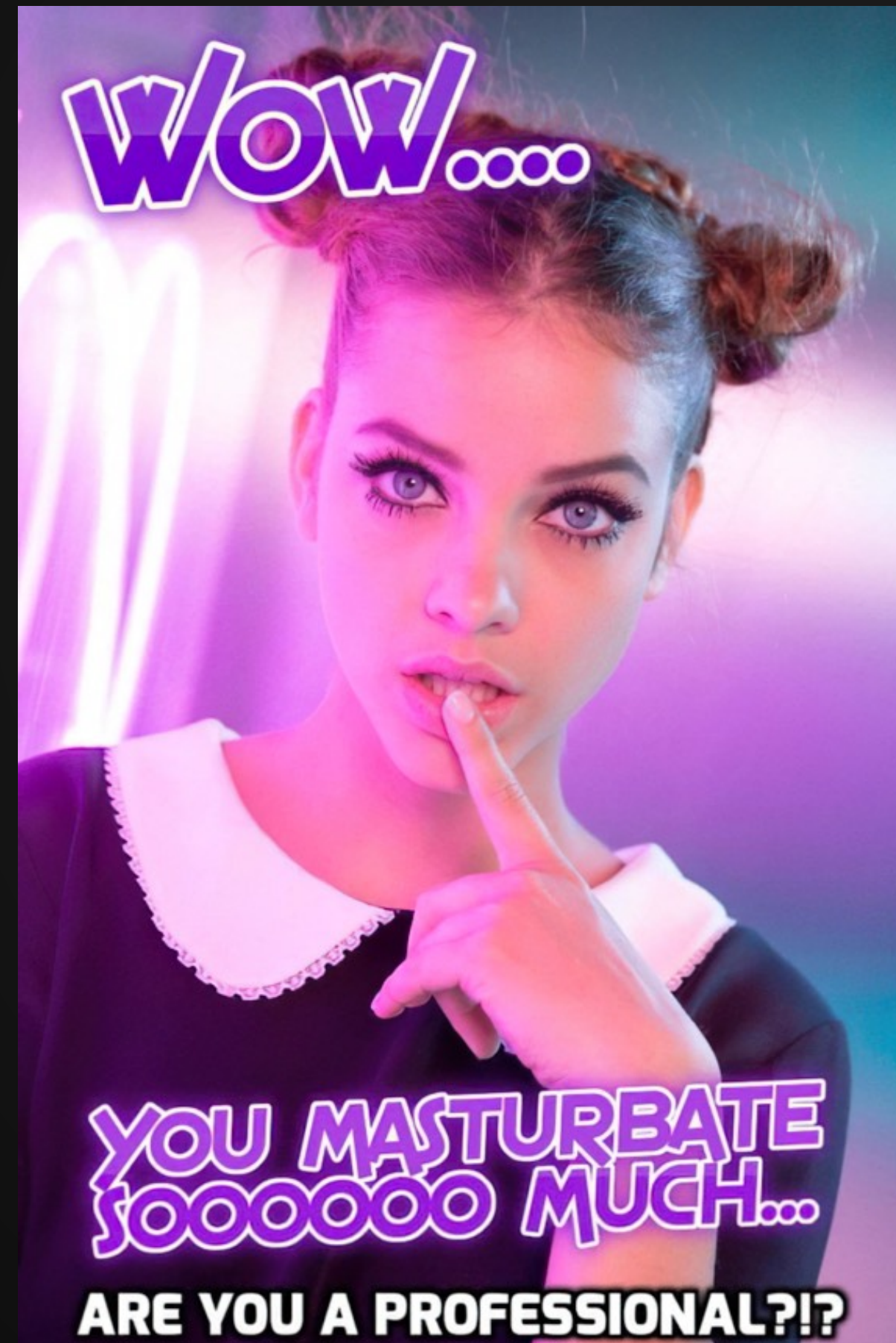




# PORN ART

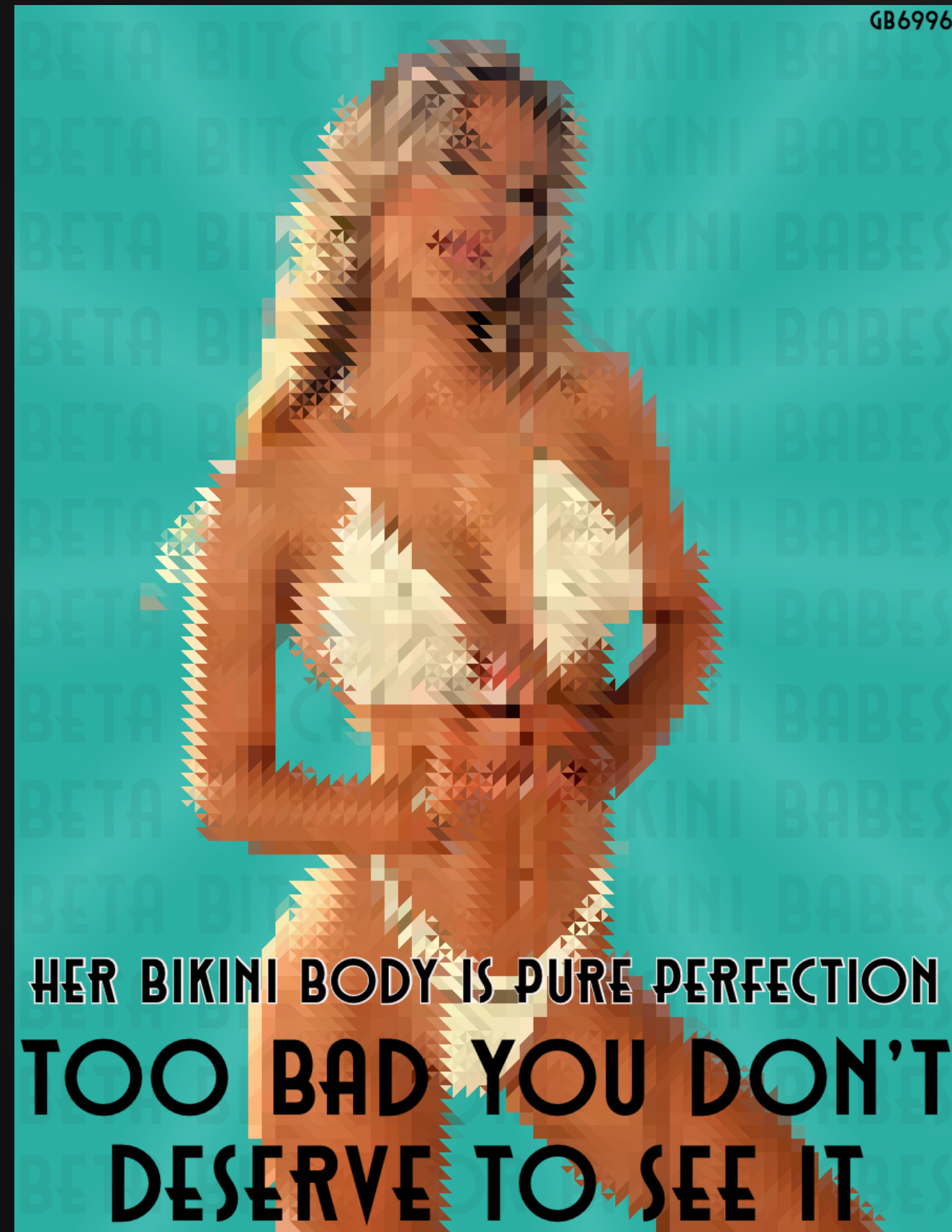


# PORN ART CAPS





# PORN ART CENSORED





# PORN ART CENSORED



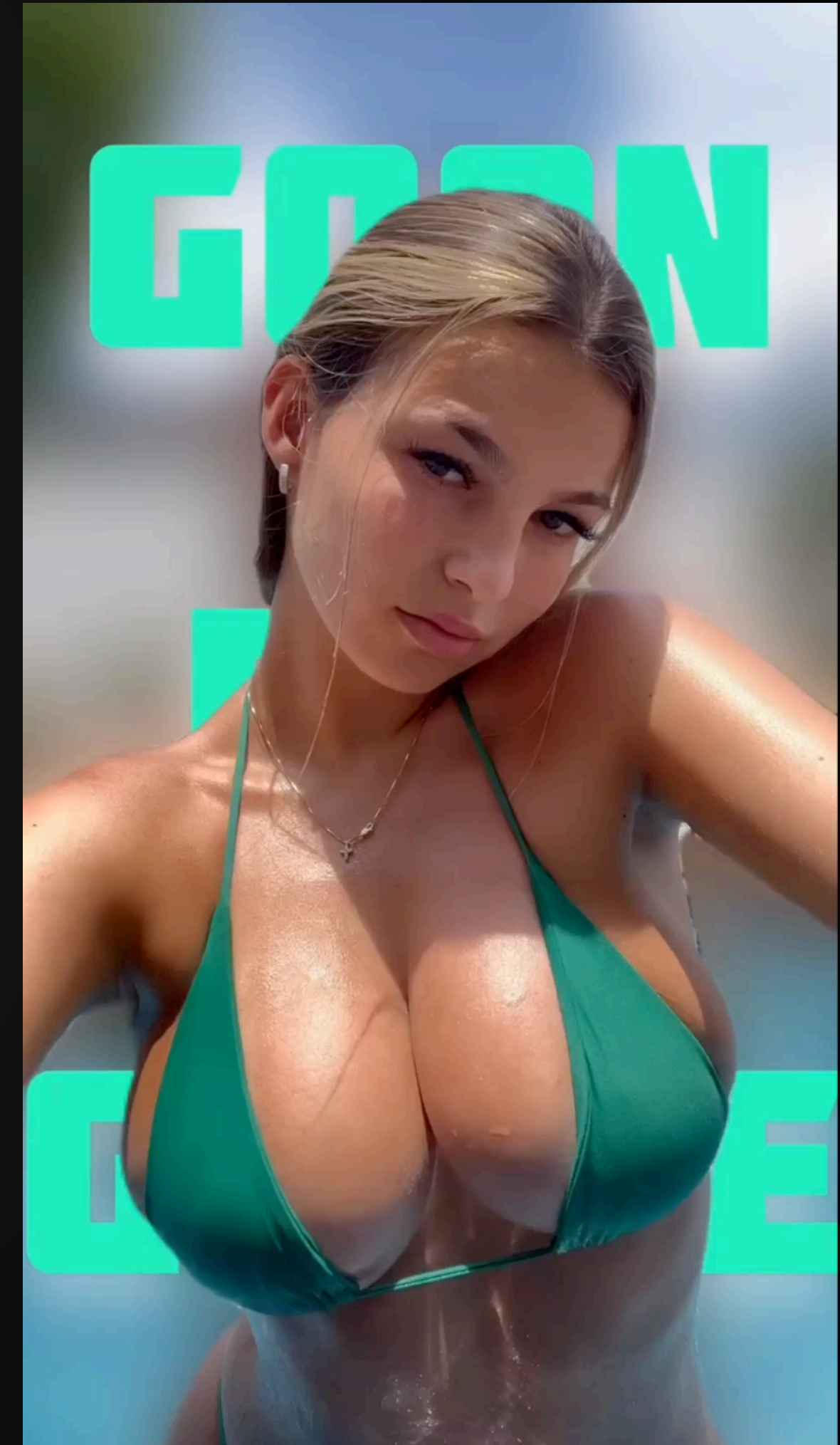
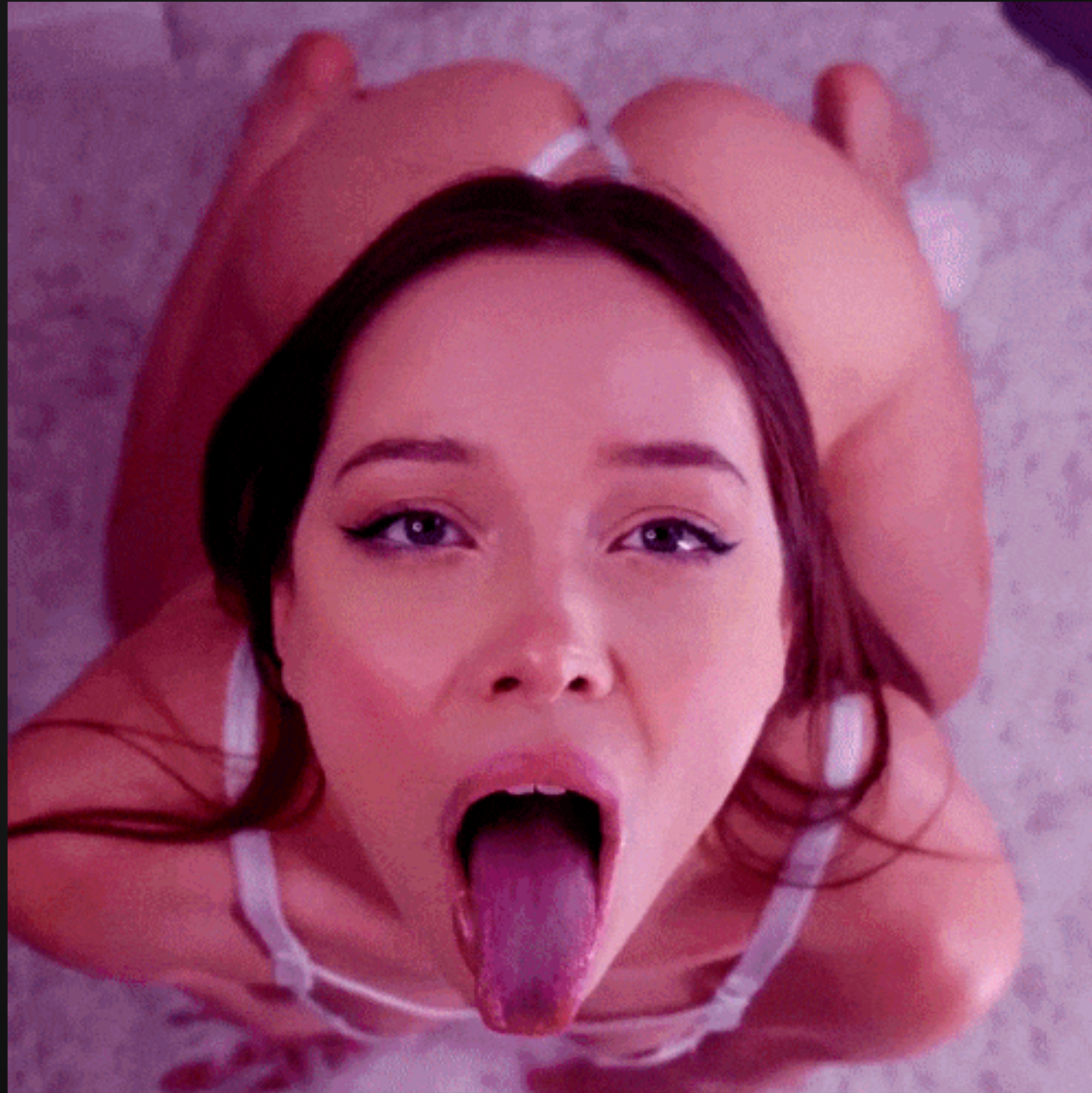


# PORN ART PMV





# 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

## *Loser Gooners*

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



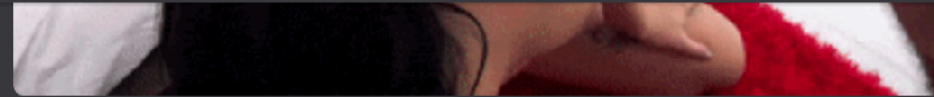


## *Porn Piggies* 🐷

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



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



eroticlust Today at 8:11 PM



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



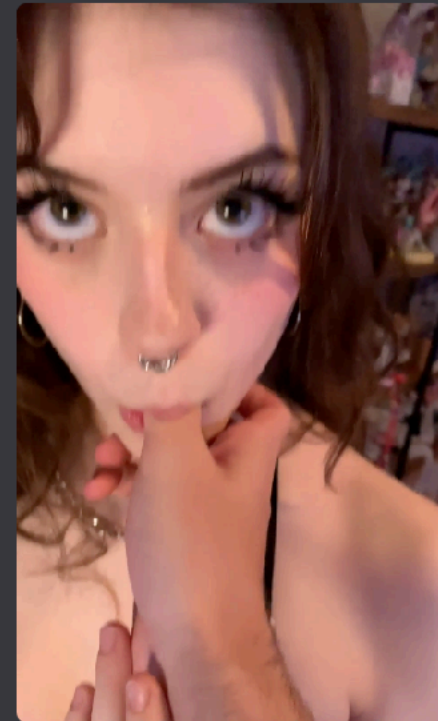
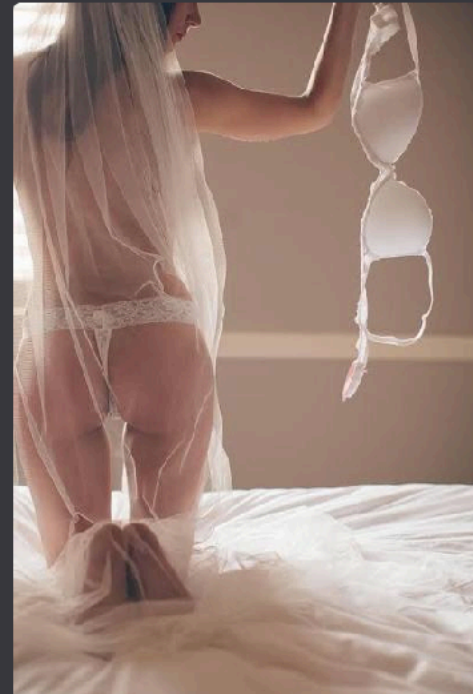
MK\_ Today at 8:20 PM



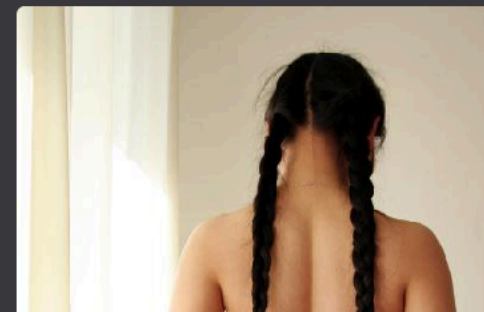
derdiedas [germany] Today at 8:11 PM



eroticlust Today at 8:11 PM



eroticlust Today at 8:20 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 IS  
TRUE LOVE**

## *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*

*Release*

*Reset*

*Recenter*

*Rate* 

*Nothing to hide*

*No shame*

*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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# SHYWALKER

*Reddit: [r/PORNism](#)*

*Website: [shywalker.com](#)*









*Shy & Randy*



NNN GGG HHHH!