

Physical Dangers of P###

Posted by benaliyah - 21 Sep 2011 05:35

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I was wondering, what are some of the psychological and physical harm indulgence in pritzus can cause? I ask this because since unfortunatley, my yiras shamayim is struggling in this area, perhaps the more pysical damage that this issue can cause can help serve as an effective deterrent

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Re: Physical Dangers of P###

Posted by kidushashem - 21 Sep 2011 08:49

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one thing I've seen some people write is that if you get involved with porn, you could end up developing SSA. I don't know if it's true.

What I know from experience is that your mind is not yours anymore when you lust. The more you lust, the more you're giving your mind license to go wild and do what it wants. You'll find yourself not having control and you wont be able to think properly and focus well.

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Re: Physical Dangers of P###

Posted by JackAbbey - 21 Sep 2011 11:27

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i think "hitting buttom" is the main drawback, and that has a different explanaiton to every indivieual

so dangers of p\*\*\* is simple, ruining your normal living habitat in all forms, not going into details

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Re: Physical Dangers of P###

Posted by yedid\_nefesh - 21 Sep 2011 12:49

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I can't tell you of any physical harms, but one thing is for sure that being lust free enables us to achieve so much more in life.

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Re: Physical Dangers of P###

Posted by struggler - 23 Sep 2011 02:43

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Inappropriate images while seems less bad than porn, but after a while one's mind gets bored with it and wants more stimulus and wonder of to bad sites. I am unsure 100% about porn, but with masturbation, I heard / read from number of places that excessive masturbation could lead to loss in sensitivity down there, which would unable one to reach orgasm when doing it normally with one's wife. With porn likely one would unable to be psychologically be satisfied (a lot of it is super edited). But the worse things are urges for it and inability to stop when wants to. My advice stay away from these type of stuff, once trap in it, it's hard to get out.

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Re: Physical Dangers of P###

Posted by Gevura Shebyesod - 23 Sep 2011 03:36

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[kidushashem wrote on 21 Sep 2011 08:49:](#)

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Don't know about that, in my case the SSA came long before the p\*\*\*. But I guess it's possible for a p\*\*\* addict to get so desperate for something ever more exotic that they would look at g\*\* p\*\*\* and find that they enjoy it. But I doubt that would translate to a desire to actually do it.

Just my 2 cents.

Gevura!

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Re: Physical Dangers of P###

Posted by bardichev - 23 Sep 2011 03:37

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the problem is that there is never a stopping point

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Re: Physical Dangers of P###

Posted by strugglingandstrivngBT - 23 Sep 2011 04:29

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I hear this thread so loud right now. The desire is much stronger than my yiras shamayim lately and I keep on caving. i should be keep on trucking but im not. i keep giving up. im not happy about it but i cant seem to stop. my filters not strong enough my motivation is long off and lofty. I need a smack in the face and to be told concretely why this needs to stop. but i dont even know if thatd work. maybe we just need to accept that we know its wrong and thats why we cant but that seems esier said than done..

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Re: Physical Dangers of P###

Posted by ninetydays - 23 Sep 2011 06:26

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This is an interesting topic. One that has not been addressed directly on this forum yet (at least as far as I have seen).

I do read up on this and the physiological dangers should be enough to stop you. More and more people are compaining of ED and psychologists feel that there is a strong correlation between ED and excessive pornography and masturbation.

In this link (guard approved it) the noted psychologist Philip Zimbardo talks about what the

internet is doing to the newest generation of guys.

[www.ted.com/talks/lang/eng/zimchallenge.html](http://www.ted.com/talks/lang/eng/zimchallenge.html)

ninety

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Re: Physical Dangers of P###

Posted by strugglingandstrivngBT - 23 Sep 2011 13:20

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this is great thanks!

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Re: Physical Dangers of P###

Posted by benaliyah - 23 Sep 2011 21:12

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Hey thanks for your help and replys. I realize that this aspect of the issue has not garnered as much attention as one of the commentators here pointed out. I found aninteresting stat sheet that hopefully can provide extra deterrent from these menuvaldig a things. have a good shabbos

[www.netnanny.com/blog/entry/id/119](http://www.netnanny.com/blog/entry/id/119)

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