

Trying hard...

Posted by verrrylost - 19 Aug 2013 03:09

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I don't usually post but now I decided to get out a little of my isolation. For about 11 years I have not been able to go for more than a couple of days without m\*. I just had a 3 week clean streak and fell today. I got such a pain in my leg before and after I fell. Does anyone know what this pain is? I've had it over the past 3 weeks when I felt the urge. I must say it did get easier as the days and weeks went on. But today my y'h got the better of me.

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Re: Trying hard...

Posted by Pidaini - 19 Aug 2013 11:53

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welcome, hopefully you'll find your way verrrysoon!!

Can't answer about the leg pain, but tell us about your struggles, what have you tried doing to stop?

Stick around!

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Re: Trying hard...

Posted by AlexEliezer - 19 Aug 2013 19:23

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Welcome! Verry nice to meeet you!

Typically masturbation doesn't happen in a vacuum.

It's part of a bigger picture of repetitive lusting in its many forms.

For me, I discovered that I am addicted to lust and lusting.

After a day (or half a day) of lusting, I need to open the release valve -- masturbation.

I find that now that I give up lusting, by repetitively verbally surrendering my lust, my right to lust, to Hashem, and asking Him to take it from me today, and avoiding all lustful stimuli by guarding my eyes and my mind, I can remain sober one day at a time.

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