

Feeling alone

Posted by pleasenomore - 17 Sep 2013 00:47

I'm sure my story isn't unique but I hope sharing it will help me if not others in a similar situation if there are any.

I've been struggling with shmiras enayim as long as I can remember but I've never been truly successful. I have my ups and downs but its been mostly down. It starts with the internet / street and quickly devolves into p*rn and m*sturb*tion.

The thing is when I do m*sturbate its usually not to climax. I go to the edge and then back off. I do not want to deal with the guilt that comes with ejaculation if that makes any sense. The problem is that I rationalize that while I know this isn't good it's not the end of the world because after all I'm not being motzie zera.

This doesn't leave me feeling as bad which in turn allows me to start the same destructive pattern all over the next day and on and on until I'm allowed to be with the wife.

Sometimes I feel like it would probably be better to be motzie zera - at least I'd have the feeling of guilt and stop for a day or two.

Can I be the only one who has such an issue?

=====