

Trying so hard ... Need help

Posted by verrrylost - 05 Jan 2014 18:32

I have been mast* for about 11 years. Have tried to stop here and there but couldn't. No I am working on myself so hard. On the streets, my thoughts, etc. I am pretty successful at that. The thing is, whenever I get to day 5 or 6, I get so much pain down there. I can't urinate right away when I feel the need to. It gets so painful. About 2 months ago, I made it for about 30 days without intentional mast*. I had about 3 nocturnal emissions that helped me get through 30 days. What can I do?! I want to stop!! I have good control over myself just that pain after 5, 6 days is so unbearable!!!! Is that pain going to go away the more I keep trying? Help!!!!

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Re: Trying so hard ... Need help

Posted by Pidaini - 05 Jan 2014 19:01

Welcome to GYE!!

You didn't mention anything about porn, is there any of that involved?

As for the pain, I can't tell you, I never experienced that.

Stick around!! Post away!!

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Re: Trying so hard ... Need help

Posted by think good - 05 Jan 2014 20:23

Welcome to GYE!! Hazlocha

Give us more details so we can help

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Re: Trying so hard ... Need help
Posted by verrrylost - 05 Jan 2014 20:25

Porn used to be a problem but I cut that now. Now I'm trying so hard to rid myself of masturbation

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Re: Trying so hard ... Need help
Posted by verrrylost - 05 Jan 2014 20:26

What type of details?

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Re: Trying so hard ... Need help
Posted by Imperfection - 05 Jan 2014 22:04

I have medical training. This pain is a well known phenomenon which usually occurs after erection (or possibly erotic thoughts) without ejaculation. It is true that the physical pain will be relieved by ejaculation, but it will also subside by itself after a few hours. Have you tried pain relief?

The best thing is obviously to avoid erections altogether. Personally I try to pinch myself to cause myself some physical pain, which reinforces the fact that this is no pleasure at all. This always stops the erection or erotic thought.

On the positive side, when I have experienced physical pain like yours, I try to view it like pain in childbirth.

There may be physical pain, but in resisting we are allowing ourselves to be reborn. This is a

true joy!

May Hashem give you strength!

Thinking of you

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Re: Trying so hard ... Need help

Posted by Dr.Watson - 05 Jan 2014 23:01

[Imperfection wrote:](#)

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I have no medical training despite my forum name but I can tell you from experience that even if you masturbate, the pain takes time to go away so you don't really gain. But for the pain to go away without that you have to be very careful to avoid getting an erection for a few hours. If you get an erection, try to get rid of it as soon as possible. The better you do this the quicker the pain goes away.

One doctor told me to take paracetamol for the pain, but not ibuprofen as that could make it worse. Another doctor gave me Buscopan to ease the tension down there. It's really for IBS but I found it worked a bit for this too. I think you can get it over the counter these days, but you should definitely speak to a pharmacist or doctor before taking it.

I also found that I got it very bad at around day 6 or so, but over time as the frequency that I masturbated went down it became less and less of a problem even at day 6. I suppose my body was used to ejaculating every day so after a few days it caused pain. But over time my body got used to not masturbating so often and now I very rarely get pain, certainly not as bad as I used

to.

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Re: Trying so hard ... Need help

Posted by verrrylost - 06 Jan 2014 06:20

Thank you for your insight! My problem is that the pain still comes after about 5 or 6 days even without any erections and guarding my thoughts more or less. If I have a lot of time to myself on my hands I won't give in to mast*. It's just that sometimes I need to go out, to shul let's say, and it's so embarassing to not be able to stand straight from the excrutiating pain that I just give in to mast*. I'm hoping that this is going to get easier.

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Re: Trying so hard ... Need help

Posted by Dr.Watson - 06 Jan 2014 16:44

[verrrylost wrote:](#)

Thank you for your insight! My problem is that the pain still comes after about 5 or 6 days even without any erections and guarding my thoughts more or less. If I have a lot of time to myself on my hands I won't give in to mast*. It's just that sometimes I need to go out, to shul let's say, and it's so embarassing to not be able to stand straight from the excrutiating pain that I just give in to mast*. I'm hoping that this is going to get easier.

Again, I can only share my own experience which is that over time the pain will stop coming, but you've got to get your body used to not ejaculating as frequently, and that won't happen unless you push through the pain a few times.

At the same time extreme pain in that area should be taken seriously and you should consult a doctor if you're worried. Maybe ask about the Buscopan while you're there.

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Re: Trying so hard ... Need help
Posted by verrrylost - 07 Jan 2014 22:12

I'm only on day 3 and already getting some pain. I'm going to do my best not to act out. It's not easy. I'm posting to get out of my isolation. Writing this is already helping a bit. But that pain could get so unbearable. Thanks so much guys for being there for me!!!!

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Re: Trying so hard ... Need help
Posted by gibbor120 - 08 Jan 2014 01:24

Welcome verrrylost! The beginning is definitely the hardest part. The best thing is to get involved with something that keeps you very busy. Focus on something good, and the bad thoughts will not have a place.

That is not to say that they will leave you completely, but the more you are involved in "good stuff", the less chance the "bad stuff" has to enter.

Do you have a lot of empty time?

Post here, it's a good outlet. Call a friend, excersise, get involved in a project.

Just some ideas.

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