

Masturbation according to science...

Posted by ashbalt - 26 Oct 2014 23:42

I've been hearing a lot about the advantages of jerking off. It releases stress and pressure and calms you down. This only increases the argument from the Yetzer Hora's side in order to do it. Anyone got any better tips? Explain to me without telling me "this is what Hashem wants from us ('cause we all know how well that works)". Anybody?

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Re: Masturbation according to science...

Posted by hopeseeker - 24 Aug 2017 00:29

It might temporarily relax but learning other techniques will give you more sustainable relaxation without needing that outlet (which you recognize is not something you want to be doing). And they won't develop into a craving and dependency. These can include mindfulness meditation, music, reading, connecting socially, exercise and fresh air.

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Re: Masturbation according to science...

Posted by Mesayin - 24 Aug 2017 14:31

Heroine relaxes

Marijuana relaxes

Cocaine relaxes

Pot relaxes

Alcohol relaxes

Watching movies for 10 hours straight relaxes

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Re: Masturbation according to science...

Posted by ColinColin - 16 Sep 2017 23:59

Masturbation is a false idol, an illusion.

One might feel compelled to do it, but as soon as I orgasm I feel very guilty and depressed.

It actually makes me more stressed!

It also wastes minerals and vitamins, as well as the oft-mentioned spiritual damage.

Do the scientists know or even care about the spiritual damage?

I doubt it.

To release stress: pray, read, go for a walk, chat to a friend or family member, sit calmly and chat to Hashem, visit someone who is not well and cheer them up.

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Re: Masturbation according to science...

Posted by abd297 - 17 Sep 2017 05:31

[hopeseeker wrote on 24 Aug 2017 00:29:](#)

It might temporarily relax but learning other techniques will give you more sustainable relaxation without needing that outlet (which you recognize is not something you want to be doing). And they won't develop into a craving and dependency. These can include mindfulness meditation, music, reading, connecting socially, exercise and fresh air.

I personally have gotten into mindfulness meditation. Very relaxing and a nice addition to my day. I can see that it may not be for everyone.

Just because masturbating makes me calm for the next 10 or so minutes I know I'll feel worse right after that. I'll also just want to do it again. It also messes with our normal perspective on sexuality. I know it does for me, and I'm not married yet. And just because something has a

benefit doesn't mean we need to do it, especially if there are other downsides.

There are so many other calming things to do. If this was the real issue it would be resolved by meditating or listening to music, whenever the urge to act out came up. That would be it. It seems like there is more at play here.

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Re: Masturbation according to science...

Posted by dms1234 - 17 Sep 2017 06:36

It's hard to tell me just go read a book or meditate when masturbation/lust was my coping mechanism for so long. I needed a whole change of outlook, not just a mere distraction for the time being. That's why I went into SA. But, I'm an addict. Maybe non-addicts have it different. Thank God, that I accepted the fact that I need more help too. Life is so much better now! Sure, I am not perfect but I don't need to distract myself. For me, that's being plain dishonest. I look lust right in the face and say "Sorry bud, but I can't take you anymore, I am powerless over you, you are a better man than I," Then I ask God for help. Surrender. God's gift to man. SA's gift to me.

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Re: Masturbation according to science...

Posted by abd297 - 17 Sep 2017 13:53

That's what I mean by saying that there's more in play. If not, just doing something else that is relaxing would work. I wasn't trying to say that that's the an equal substitute for masturbating. It's not and I know that from first hand experience. One must find what works for him. Simply distracting oneself is not going to do much. Some therapies may include finding why the person masturbates and finding substitutes for certain behaviors, but that's for a professional to decide.

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