

Masturbation

Posted by Stan - 25 Aug 2015 02:06

---

I thought the main idea of this website was porn addiction and i think i could stop but i dont know if i could stop masturbation.. Sometimes us unmarried folks just really need to.

=====

Re: Masturbation

Posted by Bigmoish - 25 Aug 2015 02:13

---

And us married folk don't?

Many, if not most, of us need it more now than when we were single.

Try your hardest to stop now; it ain't getting any easier.

=====

Re: Masturbation

Posted by waydown - 25 Aug 2015 03:54

---

Hi & Welcome.

Firstly, I share your struggle. In fact I have a masterbation addiction. I couldn't fall asleep without it. If you read enough of my posts you will see about it.

Lets leave aside the actual problems revolving around masterbation. I too felt like you until a week ago. Here is the problem with your argument though. If you have masterbation problem the two are inseparable. If you masterbate at night you will natrually want stuff to feed into those fantasies and masterbation. Thus you will always be looking for ways to feed that. You may hold yourself back a bit but eventually it will come back to haunt you. Whats more, tavia brings more tavia. The facts are that once we masterbate we itch more the next day. The desire is even stronger. Thus you will be fighting an even stronger tavia and itch. That will make it even harder to control yourself.

Obne more and maybe most important pointer the only way to beat the porn addiction is to gut it

by its roots. The roots of porn is lust. As long as you lust you will fall and you will be powerless. As long as you masturbate you are still lusting. You won't be able to beat the porn addiction.

I have left out the whole issue of masturbation within itself. I'll leave that for the pros. Although I have learned alot on GYE. And I have what to say on it.

And I must add I feel for you. Its going to be the hardest thing you have done in your life. I know its my hardest. I have said this many times as well. Unlike say alchohl wherever we go we see pretty ladies dancing in front of us. We have lust dangling in our face all over society. But we must fight the battle once and for all.

Bottom line you can't beat porn without erdicating your lust.

=====  
=====

Re: Masturbation

Posted by serenity - 25 Aug 2015 04:25

---

I think their are two main ideas here, to get healthy and to keep Torah. Some people are seeking only either one of those and some are seeking both. Sound right guys?

=====  
=====

Re: Masturbation

Posted by MBJ - 25 Aug 2015 04:55

---

Hi Stan,

Oneof the first lessons that I learned when joining GYE was that I would not die without regular ejaculation. Of course that seems obvious, but at the time it was news to me. We are so bombarded by external ideas of msle machismo and promiscuity that we are warped in our thinking. I believed I had an unalienable right to ejaculate.

Give it a shot. See if you don't die if you go a week, a month without masturbation.

G-d speed

Eli

=====  
=====

Re: Masturbation

Posted by cordnoy - 25 Aug 2015 11:14

---

Welcome,

B'hatzlachah in recovery.

Research what it means to lust. Half measures will be of no avail.

=====  
=====

Re: Masturbation

Posted by waydown - 25 Aug 2015 14:26

---

Well Serenity,

I am no big talker. (Your current streak is 158 mine was 8 now down to 0)

But as a beginner I beg to differ. Re to keep the torah obviously both are wrong. Re getting healthy both are unhealthy too. I didn't see that either for a while. You can't refrain from porn unless you refrain from masturbation. You will not stay healthy if you only target the disease's effects without targeting the actual root of the disease called lust

=====

=====

Re: Masturbation

Posted by serenity - 25 Aug 2015 23:13

---

. I think I may not have been clear  
though. I definitely agree with what you are saying! I didn't mean "both" to go on P & M. I meant  
both Torah and health. Some people are here for Torah only, some for health only and many for  
both Torah and health.

=====

=====

Waydown, I ain't nothin special, so need to be apologetic