

How do you overcome PE without sinning?  
Posted by startrekuser - 24 Feb 2017 19:50

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Any help would be appreciated. Thanks.

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Re: How do you overcome PE without sinning?  
Posted by Shlomo24 - 24 Feb 2017 22:33

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What's PE?

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Re: How do you overcome PE without sinning?  
Posted by GrowStrong - 25 Feb 2017 17:55

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This is a very good question.

My current working theory is that it was acting out (sinning?) that caused it.

So i am working on not acting out (sinning?)

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Re: How do you overcome PE without sinning?  
Posted by Watson - 25 Feb 2017 19:28

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I don't understand the question. Please could you explain what you mean by sinning and how sinning helps overcome PE.

Or, better yet, ask a Rav.

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Re: How do you overcome PE without sinning?

Posted by Workingguy - 26 Feb 2017 00:14

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PE is premature ejaculation. He means sitting because the advocate a person experimenting and trying to desensitize themselves – something that obviously is clearly not an option either for an addict for for a religious Jew

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Re: How do you overcome PE without sinning?

Posted by Watson - 26 Feb 2017 08:34

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Not sure what you mean by experimenting, but could whatever it is be done with his wife?

How long are you sober from porn and masturbation? This might affect the PE.

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Re: How do you overcome PE without sinning?

Posted by Singularity - 27 Feb 2017 10:18

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[startrekuser wrote on 24 Feb 2017 19:50:](#)

Any help would be appreciated. Thanks.

Don't ogle the girls in the gym shorts.

Oh PE doesn't mean *that*?

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Re: How do you overcome PE without sinning?

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Posted by Workingguy - 27 Feb 2017 16:13

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Starting to touch and then stopping to learn control before finishing.

Potentially ones wife can be involved but who says she's even interested, and very often the guy sees it as much more of a problem than the woman so she may not even care about it.

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Re: How do you overcome PE without sinning?

Posted by Dov - 27 Feb 2017 17:27

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[startrekuser wrote on 24 Feb 2017 19:50:](#)

Any help would be appreciated. Thanks.

Hey chaver - before I try to respond...are you the same startrekuser that used to post here a very, very long time ago?? If so didn't we post together a bunch of times on the old forum with the digital blue background? Wow..this is a blast from the past if you are that guy!

- Dov

PS. Good question...and interesting responses so far!

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Re: How do you overcome PE without sinning?

Posted by startrekuser - 13 Mar 2017 21:16

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Hi Dov. I think you have the wrong guy. I don't remember the forums being in blue, but I've been here for a few years now. Maybe my memory is failing me and the forums WERE blue and I just don't remember.

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Re: How do you overcome PE without sinning?  
Posted by thehopeful123321 - 17 Mar 2017 03:38

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These are my opinions, not proven facts:

1) After avoiding pornography and other arousing explicit content for a while, your PE will lessen. It is our haste to reach a high that conditioned us to finish sooner rather than later. Hence, as you stay clean for long periods of time, the PE will improve, it did for me.

2) Step one above will get you to a better place in regards to PE, but from that point, to improve more, talking with your wife and asking for her help with the process of learning to desensitize, can be helpful. This can be a sensitive topic, and from my experience, try not to get offended or defensive when talking about this, and if need be, just listen to your wife's concerns. After you both talk openly, she might be able and willing to help you work on desensitizing. Depending on your relationship, you might need to work on your open communication first.

3) If you feel comfortable, talking to your Rav could be helpful, he might have other ideas and advice.

Good luck.

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Re: How do you overcome PE without sinning?  
Posted by mikestruggling - 20 Mar 2017 18:26

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cool stuff i suffer from this too i speculated that it was related to masturbation nice that i'm not the only guy

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