

Best methods to deal with masturbation

Posted by nice Jewish Guy - 16 Mar 2020 02:36

So I'm struggling with masturbation. Not something that controls my life. usually when I am in my bed it happens. What are some practical strategies I can use to help me try to stop.

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Re: Best methods to deal with masturbation

Posted by hopeful1 - 16 Mar 2020 13:43

"Distract and conquer" works for me. I would also recommend practicing grounding skills to ride out cravings. You can find a really good resource in the link below. Hope this helps!

https://lifeafterwardotorg.files.wordpress.com/2015/04/grounding_techniques-1.pdf

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Re: Best methods to deal with masturbation

Posted by DavidT - 16 Mar 2020 15:02

Hi

Did you see the "Quick Guide for Stopping" yet?

Please download and review the attached.

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Re: Best methods to deal with masturbation

Posted by Hakolhevel - 16 Mar 2020 21:03

Don't go to bed

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Re: Best methods to deal with masterbation

Posted by JJJ2468 - 13 Apr 2020 20:23

try this: go into bed with a sefer mesilas yesharim and read a few lines. Or at least visualize every time you get the temptation that your on video and you'll be watching that video after 120. Because in reality that's the truth hashem is watching every move you take and it's all recorded upstairs.

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Re: Best methods to deal with masterbation

Posted by Respawn - 14 Apr 2020 07:18

Great idea! I try to read a bit of the first chapter of mesillas mesharim every night (either after maariv or before bed) and then talk with Hashem afterwards for about two minutes. It has helped me a lot and has really opened my mind up.

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Re: Best methods to deal with masterbation

Posted by ColinColin - 21 Apr 2020 21:02

Mindfulness helps.

When you get the urge to masturbate, stop for 10 seconds.

Treat the urge as a feeling that is outside you, rather than from within.

See it as a an external object, not a feeling that you have to obey

A cloud..that floats away after a while.

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Re: Best methods to deal with masterbation
Posted by AnonyJew - 23 Apr 2020 02:59

A few suggestions:

1. Sleep/lay on your side not on your back or stomach. This ideally will prevent unnecessary physical triggers.
2. Say Shema.
3. Figure out what is triggering you. Are you viewing things (social media, tv, movies) while in bed that are triggering you or are you focusing on triggering thoughts on your own? Once you determine that you can start working on removing those triggers from your bedroom environment.

Hope that's helpful.

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