

It became my habit to masturbation  
Posted by darielhelme553 - 30 Jan 2023 09:57

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IT BECAME MY HABIT

I need to masturbate to sleep. when I have insomnia it's because I don't masturbate. lust guides me to look for women to talk about sex.

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Re: It became my habit to masturbation  
Posted by Avrohom - 31 Jan 2023 05:07

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Welcome holy brother! Glad you took the courage to post. Sounds like you have a pretty difficult situation creating a strong pressure to masturbate and haven't been too successful solving it.

Hopefully you can gain insights here of strategies and solutions as well as a group of warm friends of can give emotional support!

Hatzlocha!

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Re: It became my habit to masturbation  
Posted by DavidT - 31 Jan 2023 18:11

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[danielhelme553 wrote on 30 Jan 2023 09:57:](#)

IT BECAME MY HABIT

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me to look for women to talk about sex.

Welcome to GYE! Let's hope you'll find the right guidance and support within this amazing community.

The first thing I would suggest is to change the wording in your post...

You wrote: "I need to masturbate to sleep. " you can change it to: "I feel like I need to masturbate to sleep. " --- see the difference?

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Re: It became my habit to masturbation  
Posted by easy - 02 Feb 2023 19:57

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I have the opposite habit. I cant get out of bed without masturbating.

if you tell me how to get out of bed in the morning without M i will tell you how i go to sleep without M.

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Re: It became my habit to masturbation  
Posted by doingtshuva - 02 Feb 2023 23:35

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Go to sleep with hand cuffs

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Re: It became my habit to masturbation  
Posted by turning.point - 05 Feb 2023 00:38

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Thank you for sharing!!! You are on your way to changing your life for the better.

I don't say that to be glib or dismissive or sardonic. It's just what works for me. I go to bed early and wake up when it is still dark.  
What works for me: I sleep less

Also exercise helps. It doesn't have to be going to the gym. It can just be a walk around the block no matter what, even in cold weather. Find a cafe that you like. It's my understanding that black coffee with no flavoring is always kosher from anywhere, if that helps. Ask your rabbi for how he *poskens* for you.

Consider a pet. Attending to the pet's needs distracts me in a good and beneficial way.

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Re: It became my habit to masturbation  
Posted by cleandays0000 - 14 Feb 2023 15:34

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If I refrain from porn and masterbation, does the lust go away?

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Re: It became my habit to masturbation  
Posted by retrych - 14 Feb 2023 17:13

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Everyone's different, but for me it does at times. Other times not. But after some time it does become much more manageable. When we're deep in it, it always pops back up full force and so hard to ignore.

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Re: It became my habit to masturbation  
Posted by excellence - 20 Feb 2023 15:33

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[danielhelme553 wrote on 30 Jan 2023 09:57:](#)

IT BECAME MY HABIT

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@danielhelme553, u sleeping?? Wakey wakey.....

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