

Want advice

Posted by nice Jewish Guy - 16 Feb 2023 21:52

I have been struggling for a while with masterbation for a while thankfully it is mainly in one situation. Only in bed i come up with a fantasy in my mind of a women who loves me (im single right now) and it gets me aroused. Does anyone have any tricks that can help me deal with this. Ps cutting out things that are leading to these thoughts

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Re: Want advice

Posted by doingtshuva - 16 Feb 2023 22:46

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Re: Want advice

Posted by Hashem Help Me - 16 Feb 2023 22:58

Change your bedtime ritual. Krias shma al ha-mita, and have an inspirational book to read while falling asleep. If the cover of the book has a picture of a tzaddik that you respect, having that to look at is beneficial as well.

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Re: Want advice

Posted by Markz - 16 Feb 2023 23:05

Would you marry her ??If not get her out of your head or get yourself out of bed.

[nice Jewish Guy wrote on 16 Feb 2023 21:52:](#)

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[Hakolhevel wrote on 16 Mar 2020 21:03:](#)

Don't go to bed

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Re: Want advice
Posted by sleeepy - 16 Feb 2023 23:35

dont take it to heart if some people answer coldly, i think theyre kidding. do you like music?

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Re: Want advice
Posted by bradley smith - 17 Feb 2023 05:46

Yikes that's a tough one. I dont have an answer yet and i struggle with the same thing. Except that I'm married and I fantasize about videos I have seen with women in them. Sorry I dont have what to offer other than a shoulder to cry on and the knowledge that you aint alone on this one. The bed is definitely a place where our good friend the yetzer hara has home advantage. I have found, though, that when I go to bed when I'm really tired, I fall asleep before my mind goes anywhere! But you gotta be reeeeeeeaaaaally tired.

Let me know if you find something that works, my friend.

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Re: Want advice
Posted by excellence - 20 Feb 2023 15:28

[nice Jewish Guy wrote on 16 Feb 2023 21:52:](#)

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Have you had a look at f2f? lot's of ideas there. If programs aren't for you, what about the toolbox?! your safest bet is having an accountability partner or mentor to work with, track your progress and celebrate victories. Stay around, browse the threads here and you will Bez"H succeed..

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