

Any advice?

Posted by reallylost - 04 Nov 2012 02:19

Hey guys! I have been stopping with p*** and m***** but after a couple of days I get such pain down there that could only be relieved through m*****. Any advice?

=====

=====

Re: Any advice?

Posted by Gevura Shebyesod - 04 Nov 2012 03:38

Try a cold pack on the area (don't leave it on too long) and a Motrin. The pressure will subside eventually as long as you don't keep "teasing" it.

Hang in there and KOMT!

Gevura!

=====

=====

Re: Any advice?

Posted by 1daat - 04 Nov 2012 03:44

Welcome. Good job. Just to reassure yourself that there's nothing medically wrong, what about checking in with a doctor?

Anyway, I wish you well, welcome to GYE . This is something you can definitely do.

=====

=====

Re: Any advice?

Posted by Dov - 04 Nov 2012 04:21

It's terrible pain, I know. But seriously, Motrin helped me and a few friends of mine who had that pain. And it completely stops if you quit masturbating yourself and looking at porn. Nobody ever exploded on a bus from not having sex with themselves.

=====

Re: Any advice?

Posted by reallylost - 05 Nov 2012 02:51

Thanks guys for all the support. I really need it. I'll keep you posted

=====

Re: Any advice?

Posted by jewish jew - 05 Nov 2012 09:49

Refuah Shleima in your body and soul

Yitzchok

=====

Re: Any advice?

Posted by mr. emunah - 05 Nov 2012 18:10

Hi workinghard!

do you run or bike?

try going on a 25 mile bike ride or a 5 mile run in the cold you'll forget about everything else.

=====

====

Re: Any advice?

Posted by shmuly - 05 Nov 2012 19:29

hey man, day by day, you are doing great, remember "the more you feed it, the more it wants!
the less you feed it the more its satisfied!" (from shulchan aruch)

=====

====

Re: Any advice?

Posted by alexeliezer - 05 Nov 2012 20:01

[workinghard wrote on 04 Nov 2012 02:19:](#)

I have been stopping with p*** and m*****

Awsome! Hatzlocha!

Remember, though, that these are only two of many ways we get our drug. Looking at women
and entertaining fantasies can provide plenty of arousal and lead to the sensation you describe.

Keep at it bro!

=====

====

Re: Any advice?

Posted by reallylost - 05 Nov 2012 23:21

Love you guys. Today it was so painful that I decided I have to mas* and was about to do it and
something happened that I had to go and after an hour the pain subsided. But the relief was
only for a few hours. It came back now and I am trying as hard as I can to hold out. Took motrin
and cold pack. Writing this to you guys is already helping me so much

=====

=====

Re: Any advice?

Posted by Gevura Shebyesod - 05 Nov 2012 23:43

Hang in there. Keep yourself busy.

=====

=====

Re: Any advice?

Posted by shlomoanonymous - 06 Nov 2012 00:58

This is very common. exercise will help tremendously. After a while the pain will go away as long as you keep strong. If you give in you will need to start the beginning stretch again. Once you get past the first goal it gets easier.

=====

=====