

Masturbation

Posted by @N0N¥M0U\$_J3? - 19 Oct 2016 13:01

Hello, I came here to overcome my addiction of masturbation... I've been doing it since my 6-7th year and couldn't stop since. I am in my early 16th. The yetser is so strong with me I can't hold it for atleast 10-20 days and when I really try, 23 days. sometimes i'd even do it 3-5 times a day. I came here to seek help and how to stop masturbation and complete my 90 days... Thank you for helping me!

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Re: Masturbation

Posted by Markz - 19 Oct 2016 14:29

Welcome!

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Re: Masturbation

Posted by 360gye - 19 Oct 2016 17:01

Welcome,

check out GYE tools, perhaps there is something that can help you. Otherwise stick around and keep posting.

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Re: Masturbation

Posted by Shlomo24 - 19 Oct 2016 17:58

Welcome! I was where you were.

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Thats one cool name you chose. The IRS definitely will have a hard time finding you

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Re: Masturbation

Posted by Happy Guy - 19 Oct 2016 20:53

That you came to this site and that you want to face the battle is a great step. While it does not guarantee victory, it is very significant that 1) you obviously want to connect to the Almighty, and 2) that you have had succeeded for 20 or more days at a time in the past.

Your chances of overcoming this destructive habit (which devastatingly servers your innate connection to Hashem) are ZERO unless you take the first step, which you clearly have.

Moreover, your teshuva is at an advanced stage in that you are aiming for 90 days of purity and are not content with 20 or so.

Keep on the straight and narrow, and when you find yourself needing support come to this holy website, where I am sure you will find it

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Re: Masturbation

Posted by Moudmack - 19 Oct 2016 23:13

This is difficult for everyone but i advise you to study some torah, books like mesilat yesharim can be of very big help. If you grow your relationship with hashem it will be easier to not sin in his presence. Coming here is definitely a big step forward and if you follow the steps, especially prevention by filters and studying im sure you can go a long way. Behatslaha Rabbah !

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Re: Masturbation

Posted by Shlomo24 - 20 Oct 2016 16:53

[Moudmack wrote on 19 Oct 2016 23:13:](#)

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And because of that you don't watch porn and masturbate?

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Re: Masturbation

Posted by Moudmack - 21 Oct 2016 04:49

I said it helps. And yes if theirs one reason i was able to distance myself from sex masturbation and porn was because of my love for hashem, his torah/instructions and will to get closer to him. Thats for me so im sharing what helped me.

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Re: Masturbation

Posted by trysohard - 21 Oct 2016 06:01

i studied masilas yesharim- i reviewed, i learned with hispaalus, i knew parts by heart. i also tried the same by shaarei teshuva, also studied reishis chachma- even the part about gehinnom. I gained a lot of mussar knowledge from that, but for ME it didn't help me stop masturbating and watching porn. so if it works for you, kal hakavod, and it might be the perfect solution for anonymous jew (sorry i misppeld it) but there are many people here that need something else.

I know you mean well, but we really don't know anonymous jew well enough to tell him that **this** is the solution. (from the little that he said, it sounds like his problem might be more ingrained than just needing some torah and a filter)

I'm sorry I sound rough, and you seem to truly love everyone and want to help them, but the risk of people blindly following such advice is too great. The following would be a much better way to welcome our friend IMHO (in my humble opinion).

[Moudmack wrote on 21 Oct 2016 04:56:](#)

Welcome! It's a great step forward your taking! Don't let go! Behatslaha Rabbah!

The beauty of GYE is that we can speak our minds, and everyone knows that we're not critical
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and just mean well (i hope