

Introducing myself to you

Posted by strongheart - 22 Feb 2018 06:57

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Hi, I am strongheart. I have struggled with masturbation for over 17 years. I believe it started being a problem for me after I went into the navy when I was 21. When I was deployed it was a very sad, stressful and lonely life. I basically masturbated every single night I was out at sea for long periods of time.

After I was discharged I went through a few short lived relationships and always would resort to masturbation during the periods when I was single. I've continued this until the present day and struggled to give it up.

Most people including therapists I've talked to minimize it as something not to worry about. For me I just do not want to masturbate anymore. I can go without watching porn and of course obviously prefer real sex to watching a moving picture of a stranger. So porn isn't really the big issue for me, but I cannot seem to give up self pleasuring myself on a nightly basis. I masturbate because I am lonely a lot, stressed, tired, can't sleep etc.

Most of my relationships have been based on sex and are short lived. I have figured out that I have not been choosing the right type of women to interact with and have not been clear with myself or women until recently in what I want beyond a sexual relationship to this point.

There is always a reason to masturbate. I don't want to continue to live my life this way. I am hoping to find more reasons not to and hoping to find more people that support me in my efforts to stop.

I'd like to focus my energy on living a more spiritual life and actualizing a meaningful, committed relationship with a woman who treats me the way I want to be treated with respect and love.

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Re: Introducing myself to you

Posted by Hashem Help Me - 22 Feb 2018 12:18

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Wow! Great first post. Looks like your attitude about sex is shifting. And thats good. Many of us came here as takers. Sex was all about us - hence masturbation and selfish sex with a spouse. Here we learned about sex being an act of giving. The culmination of true intimacy. Stay connected here. When you are ready, reach out to some of the chevra here. We will iyh get you off your daily masturbation, and help get some meaning into your life. Just as a start, exercise is a great way to relieve stress, boredom, and sadness. It can be a major tool in learning to train your subconscious that the masturbating is over. Hatzlocha!

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Re: Introducing myself to you

Posted by gibbor120 - 22 Feb 2018 20:07

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Welcome! Check out the dov quotes link in my signature. Keep us posted. We are here for you.

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