

Help

Posted by seinayim - 02 Jan 2019 23:12

Guys, I'm getting sexually frustrated again. Give me some support! Thanks!

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Re: Help

Posted by ColinColin - 03 Jan 2019 00:07

Remember how bad you feel after you act out.

Do something constructive instead which will make you feel good.

Go for a walk.

Read a book.

Call a friend and see if they need company.

Study.

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Re: Help

Posted by Hashem Help Me - 03 Jan 2019 04:10

What are your triggers?

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Re: Help

Posted by fiteforleben - 03 Jan 2019 13:36

Hi,

Don't know if this will help but I'm a 34 year old bachur and NEVER had sex so just thank G-D that at least you're getting it most of the time!

In short, there are guys out there a heck of a lot more sexually frustrated than you.

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Re: Help
Posted by seinayim - 03 Jan 2019 20:17

I've been at home a lot with the flu. Always have things to do but get distracted and frustrated.

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Re: Help
Posted by Hashem Help Me - 04 Jan 2019 05:11

Refua shleima chaver. Tough being laid up and unproductive. Hope it clears up fast.

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Re: Help
Posted by seinayim - 04 Jan 2019 17:56

Thank you. I'm starting to get better BH. Nisayon is tough!

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