

Last chance

Posted by Nomore1 - 23 Apr 2020 14:32

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Hello I'm a guy of 23 YO, that used to masturbate weekly, and see nudes. but since 2 months ago, I got a massage with happy ending, I made a promise i won't do it by myself anymore.

But now it's getting difficult 'cause I don't really understand the why and it is making me very guilty by one side because of the punishment but in the other side i think nothing happen and i want to do it

Any help?

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Re: Last chance

Posted by 360gye - 23 Apr 2020 14:44

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Welcome!!

I think it's very noble that you have come to this decision on your own.

There are many tools on GYE which are built in order to help you, and others, keep their promises and aspiration of not doing these stuff again. Take a look around and see what speaks to you and what makes sense.

It is hard to restrain yourself from doing it when you think about it from purely a spiritual reward/punishment side (which you should). It might help to tip the scales to not do anything when you think about the repercussions the act will have on your life. Take a moment to think about what made you decide to quit, and realize that by giving in you are bringing upon yourself the bad things you wanted to get rid of. Just as a brief example: For me, i decided to change because it was rotting my brain and i couldn't think straight, i use that as a deterrent not to do it again, whenever i struggle i think back to what my mind was and my thoughts were at that time, and i realize my mind is much clearer now and im able to think better.

If you want to chat further i am available either here or [email-360gye@gmail.com](mailto:email-360gye@gmail.com)

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Re: Last chance

Posted by Singularity - 23 Apr 2020 15:30

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[Nomore1 wrote on 23 Apr 2020 14:32:](#)

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Welcome! I hope your journey here will also give you a happy ending

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