

Thought I'd finally post something

Posted by ches1 - 26 Sep 2023 18:53

I started using GYE about a year ago, and I thought that now I'd finally post something.

My main struggle is masturbation. I can sometimes go a while without masturbation, but at other times I am doing it multiple

times a day. I tend to be a perfectionist, and I have an all or nothing mentality regarding my masturbation. That's why I can do well for weeks, but when I fall I start masturbating very often. I suffer from extreme anxiety, and masturbation sometimes relieves the tension I am feeling. Or sometimes when I hold myself from masturbating, I feel an intense buildup of anxiety. My life is very difficult and it sometimes feels like masturbating (and looking at inappropriate images) is one of my few pleasures in life. Sometimes I also get depressed about my life's situation and that depression makes me much more likely to masturbate...

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Re: Thought I'd finally post something

Posted by bright - 26 Sep 2023 19:03

[ches1 wrote on 26 Sep 2023 18:53:](#)

I started using GYE about a year ago, and I thought that now I'd finally post something.

My main struggle is masturbation. I can sometimes go a while without masturbation, but at other times I am doing it multiple

times a day. I tend to be a perfectionist, and I have an all or nothing mentality regarding my masturbation. That's why I can do well for weeks, but when I fall I start masturbating very often. I suffer from extreme anxiety, and masturbation sometimes relieves the tension I am feeling. Or sometimes when I hold myself from masturbating, I feel an intense buildup of anxiety. My life is very difficult and it sometimes feels like masturbating (and looking at inappropriate images) is one of my few pleasures in life. Sometimes I also get depressed about my life's situation and that depression makes me much more likely to masturbate...

Ouch! It sounds like you really have it hard! I really feel for you. I suffered from some of what you mentioned feel free to PM me. In general I found that speaking to people here really helped.

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Re: Thought I'd finally post something
Posted by excellence - 26 Sep 2023 19:05

Welcome on board,

Everything u are describing is completely normal. Stay around. Connect. and you will be amazed at what you will be able to achieve.

Continue to post here ur ups and downs, and ull make many friends!!

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Re: Thought I'd finally post something
Posted by Yeshayahu 41:6 - 26 Sep 2023 19:26

It sounds like i totally couldve written your post word for word.

I second what the others are saying to reach out and connect.

It works wonders for me

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Re: Thought I'd finally post something
Posted by chaimoigen - 26 Sep 2023 21:33

I'll join in chorus of warm welcomes!

I'm sorry to hear that you have difficulties. Here's a warm hand. It's better to be in this struggle with others than lonely and alone.

With community, connections and support you can find your path!

keep in touch!

Chaim Oigen

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Re: Thought I'd finally post something
Posted by Grant400 - 26 Sep 2023 22:31

Welcome.

Are you dealing with the underlying anxiety issue properly?

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Re: Thought I'd finally post something
Posted by ches1 - 26 Sep 2023 23:40

I've been trying for years, but I have not yet had success with managing it properly.

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Re: Thought I'd finally post something
Posted by ches1 - 26 Sep 2023 23:43

[Grant400 wrote on 26 Sep 2023 22:31:](#)

Welcome.

Are you dealing with the underlying anxiety issue properly?

I've been trying for years, but I have not yet had success with managing it properly.

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Re: Thought I'd finally post something
Posted by Grant400 - 27 Sep 2023 00:46

[ches1 wrote on 26 Sep 2023 23:43:](#)

[Grant400 wrote on 26 Sep 2023 22:31:](#)

Welcome.

Are you dealing with the underlying anxiety issue properly?

I've been trying for years, but I have not yet had success with managing it properly.

My question is if you are dealing with it properly, not managing.

Are you in therapy?

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Re: Thought I'd finally post something
Posted by ches1 - 27 Sep 2023 01:06

[Grant400 wrote on 27 Sep 2023 00:46:](#)

[ches1 wrote on 26 Sep 2023 23:43:](#)

[Grant400 wrote on 26 Sep 2023 22:31:](#)

Welcome.

Are you dealing with the underlying anxiety issue properly?

I've been trying for years, but I have not yet had success with managing it properly.

My question is if you are dealing with it properly, not managing.

Are you in therapy?

In this context the words "dealing" and "managing" have basically identical meanings.

Yes, I am in therapy.

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Re: Thought I'd finally post something
Posted by ainshumyeiush - 27 Sep 2023 18:08

Welcome to the gye forum party. Stick around and you'll get to know some awesome people who know a ton.

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Re: Thought I'd finally post something
Posted by eerie - 02 Oct 2023 05:35

Hi! Welcome, my friend. I'm so sorry for the pain and difficult times. Something I have seen here is that having friends who care, friends you can share with without feeling shame, that can

sometimes be a big help to people that are seeing a therapist. Here we are you friends, we care about you, we want to see you succeed, so please keep sharing. Share whatever you want to, and we are here to listen.

Keep trucking, my friend! Just the fact that you are here trying to work on these issues is a great thing! Looking forward to hearing more from you

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