

How to stop 101 (see the bottom for summary)

Posted by Trey60 - 23 Jan 2019 04:26

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So I'm currently 201 days of not being motzei zera l'vatala b"h, and 40 days of not masturbating bh, b/c I just blocked sperm from coming out. My top record of not masturbating is 118 days. I will make 90 this time around... What works a lot for me is listening to good jewish music. But for example, let's say u don't have access at the moment, or what if it's Shabbos (I don't need porn to masturbate...)? So on top of music, I also need my AMAZING custom fit taphsic! It helps me so much, Another pretty good tool is meditating of urself on an island with ur father or something, and temptation just seems stupid at that point. Writing a blog every day also helps a lot, and working with other ppl is a great tool. I'm looking fwd to reading what works for other ppl, so i can get more tools for myself, and pass the, on to others. If a/o has simple, practical tips, PLZ reply them here. I'd love to hear. One guy told me to just put a towel over ur d--k while in the bathroom, and that's helped me a lot... In short tho, here's what I basically try do: Knowing where I fall, why, and what to do to prevent it ever happening...

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Re: Easy practical tips- plz post

Posted by dylanskyler - 29 Jan 2019 02:58

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Some good songs are B'Yachad by Mordechai Shapiro, Bas Kol by Chaim Shlomo Mahis, and Simcha by Micha Gamerman. I heard saying Shema Yisroel is good, but I've never tried it... Sounds good tho

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