

trying to figure it out

Posted by Shower640am - 04 Mar 2019 17:14

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Can I work on porn for now and masturbation later (not masturbating every day, but if I do once a week)? I masturbated last night but today is my 9th day for porn.

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Re: trying to figure it out

Posted by bego - 04 Mar 2019 17:39

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heya

1) You probably don't mean it... but the question is posed in such a way that it could sound like you are asking permission to take this approach. I think this may be a common fallacy i.e. that GYE people have all the answers. They don't. The ideas here are many and varied, some professionals and some just struggling right along with you

2) In theory, I like the concept. I know for myself that the visual stimulus of porn is really powerful and something I wish I had stopped earlier. B"H (I'm just realising this as I type so thank you!!) my brain has started to rewire itself. I used to see women (no matter how Tzanua) and immediately turn them into pornstars. That has got a LOT better since I stopped with porn.

3) that said, be aware that unless you make a fairly quick move to work on the problem more generally, I fear porn will raise its head again. The drug that is Hashchosas Zera is a powerful one and it drgas you down.

Hatzlocho!!

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Re: trying to figure it out

Posted by ColinColin - 04 Mar 2019 17:45

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I would stop both masturbation and porn at the same time.

They two are connected...both are means of stress relief that are not constructive.

Replace them with constructive activities.

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Re: trying to figure it out

Posted by Trouble - 04 Mar 2019 22:51

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[Shower640am wrote on 04 Mar 2019 17:14:](#)

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Do a search on the forum for posts by Mr emunah. 2 the m & 2 the p!

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Re: trying to figure it out

Posted by doingtshuva - 05 Mar 2019 01:07

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[Shower640am wrote on 04 Mar 2019 17:14:](#)

Can I work on porn for now and masturbation later (not masturbating every day, but if I do once a week)? I masturbated last night but today is my 9th day for porn.

Great question,

In my experience being sober is a package deal, meaning you got to be clean period. Now and later is nonsense. For sure in the beginning it's hard but the goal in 1

?Don't compare porn to masturbation, and please don't ask me whats worse!

By saying you will masturbate only once a week, do you plan the day a week ahead or the urge to masturbate comes to out of the blue moon.

If your ready for 1 time a week you'll probably give to twice or more.

Good luck

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