

sleeping on a wooden floor

Posted by StrugglingGuy - 24 Jun 2010 16:40

I recently started sleeping on the floor instead of my bed. Why? My floor is made of wood. I put a blanket down and wrap it around myself and it's kmat like Im sleeping on the floor. My challanges come from ms***** not with my hand but with imitation of an 'act'. Therefore, being on the floor serves as an all-important deterrent for me to not eja*****. (It is quite uncomfortable to lie face down on a wooden floor if you didnt already get it....)

However, I still touch myself and fantasize. So, the root of my taavah still exists. Technically, what I still do is called 'ms*****'; obviously, though, not ej***** is a success, I believe.

This has worked for me (somewhat)

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