Masturbation WITHOUT ejaculation OR bad thoughts Posted by IBelongtoHashem - 20 Apr 2017 12:48

Hello, could someone tell me about whether or not masturbation WITHOUT ejaculation AND without looking at or thinking about dirty images is still a sin? If I only think about my wife and masturbate without ejaculation (wasting seed), is this still a sin? If so, please explain how bad is this sin?

My wife has abnormally long periods of niddah (3-4 weeks plus sometimes) and it is REALLY difficult to struggle through these periods without some sort of relief, so I would really like a specific answer to this question if available.

Also, please use references if available. Thank you.