

Keep Going

Posted by jewish1234 - 27 May 2021 20:40

---

Hi

I was able to come over a struggle last night. It felt amazing and awesome I also have things I deal with that are making me anxious and I usually turn to masturbation.

Bh I can still keep the fight going!!!!

=====

Re: Keep Going

Posted by Hurt - 27 May 2021 23:58

---

Keep it up man!

That's the way to go!

=====

Re: Keep Going

Posted by Rt234 - 28 May 2021 01:05

---

That's amazing keep on going be strong!!! & Do you're best!!!

=====

Re: Keep Going

Posted by DavidT - 28 May 2021 02:08

---

[jewish1234 wrote on 27 May 2021 20:40:](#)

Hi

I was able to come over a struggle last night. It felt amazing and awesome I also have things I deal with that are making me anxious and I usually turn to masturbation.

Bh I can still keep the fight going!!!!

Stress often leads to use a "drug". When we feel stress, it's important to immediately pinpoint the cause. Once we've pinpointed it, we can than ask ourselves: "Is acting-out going to 'solve' this?" - "Can it take away the 'cause' of my stress?". The answer to this question usually is: "Not only will it not solve this issue, but I'll only be *more* stressed". When we train ourselves to think like this, it usually isn't hard to direct our stress away from us acting-out.

=====

====