

any advice?

Posted by reallylost - 01 Feb 2012 04:57

Hey! I wanted your guys opinion on this. i went for 2 days this week in a row without m*. on the third day i had so much pain in that area i couldnt walk so i resorted to m*. what do you guys think about, as a start in the recovery process, that its ok to mast* when im in a lot of physical pain in that area? am i going to get anywhere with that? or is the yetzer hora just fooling me? am i just supposed to endure the pain until it goes away by itself?

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Re: any advice?

Posted by installed - 01 Feb 2012 05:36

Don't take this in the wrong way but I would see a doctor. It is not normal to have such pain...

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Re: any advice?

Posted by tehylimzugger - 01 Feb 2012 08:38

[installed wrote on 01 Feb 2012 05:36:](#)

Don't take this in the wrong way but I would see a doctor. It is not normal to have such pain...

and for it to go away through m@\$tu^%@t*ng....

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Re: any advice?

Posted by TheJester - 01 Feb 2012 09:34

In my experience, it is totally normal for some people, and it depends upon where their mind and heart is.

Where "that area" gets ready for "action", and gets none... Some people tend to suffer unbearable pain. It generally gets ready for action due to non-physical stimulation (but could be physical), which can be conscious or unconscious.

Keeping a clean heart, mind and body can help immensely. "Feeding" it can make things difficult in the long run.

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Re: any advice?
Posted by yechidah - 01 Feb 2012 09:38

still ,though it could be a normal reaction, if the pain is as intense as you describe,check it out by a doctor or urologist and try to go to a frum one who may have good advice on the matter

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Re: any advice?
Posted by TheJester - 01 Feb 2012 10:27

[globe wrote on 23 May 2011 03:29:](#)

Whenever I'm next to an attractive woman I get heated up and feel the urge to mast****. I can avoid getting close to women but don't know what to do on a date, sometimes when my I get so heated up, if I don't mast**** I get pain in that whole area and I can barely concentrate on anything and it is even hard to walk. Any eitzah?

[globe wrote on 23 May 2011 13:24:](#)

You're exactly right! It doesn't happen with close family members. Also, with other women if I'm in the right frame of mind it won't either happen. I have to view women as people. Just I know that the second a girl gets into the car and the doors lock, I'll start to feel it. Is it possible to resolve the issue by my self? And when I am in such a situation with this pain, is the only way to relieve myself through mas***?

All you guys are awesome!

Have things changed since you last posted?

PS Wearing briefs and not boxers can help with the walking, depending on your anatomy. Really.

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Re: any advice?
Posted by reallylost - 01 Feb 2012 12:53

no, things have not changed

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Re: any advice?
Posted by TheJester - 01 Feb 2012 13:05

[globe wrote on 01 Feb 2012 12:53:](#)

no, things have not changed

Did you try any of the suggestions from before?

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Re: any advice?

Posted by installed - 01 Feb 2012 14:10

In my experience, it is totally normal for some people, and it depends upon where their mind and heart is.

I agree that it is normal to have this condition (epididymal hypertension) *occasionally* after prolonged and unsatisfied arousal but this should not be happening on a daily basis. It doesn't hurt to check but as other people suggested (and I didn't think of it before) you should probably try to see a frum doctor (if possible).

Hatzlocha!

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Re: any advice?

Posted by Dov - 01 Feb 2012 18:12

I have had it a couple of times in my first year of sobriety and I know by personal experience that it just goes away on it's own. And without masturbating yourself, of course. Plenty men have no sex with themselves (what you call masturbation) nor with their wives for years - or are not married at all and are sober for years - and they do not blow up, die, or whatever. It goes away.

In addition, taking one or two Motrins really helped a friend of mine who had it last week. I never needed that, for I waited a few days and it went away and didn't come back for months. I did the same thing and it went away again.

If you have a lust problem, I suggest that you have far bigger fish to fry than blue balls.

Hatzlocha.

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Re: any advice?
Posted by reallylost - 03 Feb 2012 14:33

Hey guys. I had that pain again but this time, for the first time I fought it and it went away the next day. Thanks for all the support!

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Re: any advice?
Posted by chaimyakov - 03 Feb 2012 14:57

B'chasdei Hashem.

Have a great Shabbos.

Hatzlacha in all things GOOD.

chaimyakov

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Re: any advice?
Posted by gibbor120 - 03 Feb 2012 15:26

globe - Great!

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Re: any advice?

Posted by tehylimzugger - 04 Feb 2012 19:31

WOW

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