

Can't get past a couple of days.....

Posted by verrrylost - 04 Feb 2015 03:41

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I have a problem that I can't go past a couple of days not mast\* without getting pain/soreness down there. here's what just happened over the past 2 weeks: after about 3 or 4 days I started feeling a soreness down there but it went away after about an hour. that night, i had a nocturnal emission. then i think i was able to go 12 or 13 days magically but on day 12 or 13, i had so much pain it was unbearable that i was forced to just lie down. luckily i fell asleep but when i woke up the pain was there. when i have this pain, i cant even urinate. so i mast\* and the pain went away right away. now i am on day 3 and i have that slight soreness which is manageable but i hope it doesn't get to the point that i have unbearable physical pain. do any have you guys have a similar experience?

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Re: Can't get past a couple of days.....

Posted by Shmeichel - 04 Feb 2015 08:50

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i used to have them when i used to let my mind wonder about freely, and absorb all the shmutz, that builds up an urge to mast\*

otherwise maybe you need to see a doctor

it might be just a small simple thing

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Re: Can't get past a couple of days.....

Posted by cordnoy - 04 Feb 2015 12:35

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Welcome,

Agree with Shmeichel again.

I don't know about the pain; it seems to me you shouldn't be diagnosin' yourself.

See a doctor about it.

b'hatzlachah

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Re: Can't get past a couple of days.....  
Posted by gibbor120 - 04 Feb 2015 17:22

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What preceeds the pain? Do your eyes wander? Do you fantasize? Are you under any sort of stress. Pay attention and see if you notice a pattern. These things do not necessarily have to come right before the pain, so it may go unnoticed unless you make the effort to notice.

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Re: Can't get past a couple of days.....  
Posted by Watson - 04 Feb 2015 21:22

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I used to have this problem. I'm nervous to post about it because what's true for one person might not be true for another. This helped me and might help you, but bear in mind that I'm NOT a doctor.

What you describe is sometimes known as blue balls. Blue balls can be very painful, especially if you are aroused for long periods of time without ejaculating, or you begin masturbating but stop before ejaculating.

Blue balls can last a few hours (if you keep lusting it will last longer). I normally find that I have it until I go to sleep that night and I'm fine when I wake up.

Similar to blue balls is a pain in the lower abdomen caused by sperm in the epididymis. I find this lasts a bit longer, possible more than a day, but it also goes away by itself. Anti-spasmodic medicine (e.g. Buscopan) can help for that.

I have had that pain last for a few days, but I think that was because I was still lusting a little during that time. Even if the pain is going away, it takes only a little bit of lust to bring it back with a vengeance.

There are other ways of dealing with blue balls, but they don't all work for all people. They include application of cold water or ice to the affected areas, taking a bath or shower, exercise, and tapping the base of the spine.

Also, don't take ibuprofen. It's a anti-inflammatory and will make things worse. Paracetamol is OK, but it really shouldn't be necessary.

Blue balls becomes less of a problem the longer you are in recovery. I suppose the body gets used to not ejaculating so often and learns to deal with it.

In short, if you have what I had the pain should go away by itself if you let it, and in time it will become less of a problem as your body gets used to not masturbating.

Any lustful thoughts make the pain worse so you need to try to control your thoughts. Which is very hard. Which is why we have GYE and 12 step programs. The thoughts is where it's at, not the physical acting out. Every time the white book talks about lust it says "**lustful thinking** and behavior." The thinking is first, behavior second. This is beyond vital to realise. It's absolutely fundamental.

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Re: Can't get past a couple of days.....  
Posted by Watson - 04 Feb 2015 21:24

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BTW it hasn't escaped me that you had this problem 2 months ago to the day:

[guardyoureyes.com/forum/19-Introduce-Yourself/244581-Please-help-me](http://guardyoureyes.com/forum/19-Introduce-Yourself/244581-Please-help-me)

Did you follow the chevra's advice from then? What happened as a result?

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Re: Can't get past a couple of days.....  
Posted by verrrylost - 05 Feb 2015 04:06

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Haven't been successful from last time. But the past 2 weeks have been going really well from how things used to be. Thanks guys for your support.

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Re: Can't get past a couple of days.....  
Posted by cordnoy - 03 Jun 2018 17:24

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[verrrylost wrote on 05 Feb 2015 04:06:](#)

Haven't been successful from last time. But the past 2 weeks have been going really well from how things used to be. Thanks guys for your support.

Has the success continued?

Any luck with the pain issue?

God speed !

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