

Uncomfortable feeling

Posted by Chaimsimcha13 - 16 Jul 2020 15:44

Hey guys I'm on day 52 and have been having discomfort which is not blue balls. I spoke to a urologist and he said it's because ur not masterbating and only way to get rid of discomfort is to m. Does anyone else have discomfort? What are good ways to deal with it or get rid of it?

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Re: Uncomfortable feeling

Posted by KoachCheshvan - 16 Jul 2020 19:43

I have had a related question at times regarding how the body naturally functions when not m, and I am afraid that my experience in this matter is skewed by a brain that is addicted to PMO. The very first time I tried to remain abstinent from PMO, I was for about 120 days, (which was definitely b"h!) I think it was on or around day 90 that I had a n.e. during a dream and I was worried that it would lead me to act out but it didn't and I was able to move forward with no problem.

I always thought that n.e. is the body's natural way of getting rid of excess semen, and that one didn't need to do m. or s.i. for that matter.

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Re: Uncomfortable feeling

Posted by zookeeper - 17 Jul 2020 16:59

Old, dead sperm and semen (which is sperm food) is basically turned into waste in a healthy body by your metabolism. Sperm is constantly being regenerated and eventually dying. You do not need to release sperm in order to avoid that building up pressure unless you have some condition (maybe).

NE is another mechanism although I'm not sure why it's necessary since most is turned into waste via the metabolism (of course Hashem made it all so there was a reason).

In a healthy male, you will not get "blueballs" for not masturbating for any length of time. It's an urban myth that is in a certain industry's interest.

Source: Taken several anatomy classes you can research it yourself if you want

EDIT: I misread your post thought you did have increased pressure oops but I guess this is an answer to Koach

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Re: Uncomfortable feeling

Posted by my real name is chaim - 17 Jul 2020 18:35

Hi all,

IMO I would like to call attention to the name of the topic "Uncomfortable feeling", that all:- this is NOT a medical or health issue, it seems somehow the word "urologist" caused a whole tumult on the medical necessity to release sperm. but if i am quoting correctly all the doctor said was "only way to get rid of **discomfort** is to m." the equivalent would be if I had an itchy spider bite and urologist told me the only way to relieve the discomfort is to itch it.

I know I'm kinda going on and on- but it's because when my addict brain see's "a urologist said I should m". it takes it as - "oh! my! I had better listen quickly." Ha!

Now as to the actual question as I understand it. how to relieve this discomfort, first off- I'm sorry but in my experience there is no comfortable way to go through withdrawal, [if there was we probably would not need this website] "being comfortable being uncomfortable" is the name of the game, and initial discomfort is just par for the course. I personally am feeling very uncomfortable right now, due to withdrawal from a different addiction- so that's why I am here, helps me feel more comfortable with my discomfort by getting out of my own head- and my own little "BIG" problems. TYFLMS.

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