From what I've learned regarding mitzvos, when you do a mitzvah with proper Kavanah it is a much more greater mitzvah then just doing it without proper Kavanah.

So on the flip side, if you do a sin like masturbating, but you try to minimize the enjoyment by avoiding an orgasm, is that any less of a sin?

Something I saw here that may be relevant.

"I don't particularly care which issur suicide is, I don't want to do it for other reasons"

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Re: Is sinning without enjoying it less of a sin? Posted by DavidT - 14 Jan 2021 15:08

farblunjet wrote on 14 Jan 2021 05:56:

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So on the flip side, if you do a sin like masturbating, but you try to minimize the enjoyment by avoiding an orgasm, is that any less of a sin?

For argument's sake, let's say it's less of a sin... But on the other hand it might be worse because your fooling yourself by doing damaging activities with the excuse that it's not SO bad as it can be. We also know that once we start, we lose control of how far it will go, so the ultimate goal should be to avoid any activities related to lust. Period.

?(some experts do believe that doing small steps - like minimizing the pleasure or how many times etc - can work for some people to eventually break free completely)

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