

Don't Want To Stop

Posted by WarriorNGU - 12 Apr 2021 00:22

I really want to stop masturbating. I have thought about why I want to stop, how it makes me feel after etc. The problem is that once the urge comes I lose all my convictions of how I want to stop and additionally I *want* to masturbate and satisfy my urge. I even made a neder that before I masturbate I have to read a note I wrote explaining why I want to stop and how I'm going to feel bad after, but would just speed read through it and not pay attention to what I was reading, cause I was scared if I would read it maybe I would end up not masturbating. I really want to stop cause I'm already 20 and i feel that I'm really hurting myself as a person and also my future marriage IYH. Any ideas?

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Re: Don't Want To Stop

Posted by EvedHashem1836 - 12 Apr 2021 02:57

I sent you a private message - do you know how to access that?

Wishing you much hatzlocha

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Re: Don't Want To Stop

Posted by Striving Avreich - 12 Apr 2021 08:05

Hey! Welcome!

An essential part of this is getting a mentor, someone to talk to and engage with who knows the ins and outs of this and has helped many people. I'd suggest calling R' HHM. If you would like his number, let me know. He has helped many many people on GYE

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Re: Don't Want To Stop

Posted by wilnevergiveup - 12 Apr 2021 08:33

Welcome to the forum.

We share the same initials WNGU, so we may have something in common.

Not much to add, just saying hi. If you are new here, don't be shy, take a look around, check out the tools that the site offers and take a look at the [GYE handbook](#). Post, share and read through other guys threads, you will find that you are not alone in this struggle and that there is help. It can be done and has been by many guys here.

Looking forward to hearing more from you.

All the best,

Wilnevergiveup

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Re: Don't Want To Stop

Posted by Captain - 13 Apr 2021 01:32

Hi! Welcome! Why don't you check out these great free resources?

The Battle of the Generation guardyoureyes.com/ebooks/item/the-battle-of-the-generation. It's a very popular ebook on this fight.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download here:
theshmuz.com/series/the-fight/

Edit: sorry, the app is messing up the links. Please use the links in my signature below. They seem to be working.

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Re: Don't Want To Stop
Posted by EvedHashem1836 - 09 Jun 2021 18:40

How are you doing?

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