

How to quit masturbation

Posted by Abcd123 - 14 Jan 2022 06:57

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Hi,

Bli ayen Horah I've bh been off porn for almost a year now, Hashem should help I should continue. However I've begun to masturbate more often and now I'm having a hard time stopping, any ideas/advice on how to stop?

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Re: How to quit masturbation

Posted by Vehkam - 07 Feb 2022 21:33

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My thought patterns have changed drastically in just over three months. The moshol is very much on target (at least for me)

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Re: How to quit masturbation

Posted by Abcd123 - 11 Feb 2022 07:27

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Need some words of encouragement, keep falling with this topic.

Thx

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Re: How to quit masturbation

Posted by Trying4me - 27 Feb 2022 16:22

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I struggle with this too, daily. Not that I masturbate daily, but the struggle and thoughts are there. Happy to try to be a chizuk partner to help avoid this.

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Re: How to quit masturbation

Posted by Shtarkandemotional - 27 Feb 2022 17:09

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It's a great awareness and very eye opening when we realize what causes us to fall... it's usually a combination of plain thoughts that trigger us.. and behaviors that set us in the mood.. noticing them can help tremendously.. how about taking a paper and throughout the week whenever you feel it's building up write down any possible thoughts you feel might have led up to this point? Perhaps it can be the idea that masturbation is available? Or perhaps that masturbating will relieve my stress? Etc. as you go on with your journey you'll have a lot more insight to work with.. you can also write down behaviors or places or things that you do that sets you in the mood etc. perhaps going on YouTube and watching talk shows? Perhaps looking at woman in the street? Perhaps listening to the wrong things? etc.

once we have a lot of insight then working through the battle and the next steps will be a breeze... the journey and goal of what needs to change and end will be clear.

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