

stopping to navigate my lust to masturbation...

Posted by Shtarkandemotional - 25 Jan 2022 18:34

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Hey all, I decided I'm gonna start a topic for my struggle... to hopefully gain chizuk from everybody... BH I haven't watched porn in a long while 260 days+ and I grew a lot in understanding this battle more and more.. until recently i would occasionally give in to masturbation as a relief.. I felt it was my outlet.. I've grown a lot bh and developed a ton of tools which I hope will be helpful for me in not navigating my lust to masturbation anymore! I don't like to count by days honestly, cuz were never back to day one if we fall no matter what... but this Wednesday bezH it'll be two weeks and I hope to continue more and more! I'm gonna post helpful ideas that I see working for me... and I hope that we can all grow a lot throughout this journey! thank you all for reading!!!

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-shtarkandemotional