

Feels like I have no control

Posted by athecher - 04 Jan 2024 03:16

I began to leave my phone away from my apt. So I have no access to a device to watch porn at night. But lately i have an issue with masturbating it feels like every night I'm automatically compelled to masterbate. I try reading, but it's like it's something inevitable gonna happen when I'll be done reading. What is good way how to get my mind off at night from masturbating?

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Re: Feels like I have no control

Posted by bright - 04 Jan 2024 05:10

Welcome! Theres lots to learn here! There are many wonderful people here that can and want to help! Can you elaborate on your history a bit?

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Re: Feels like I have no control

Posted by yiftach - 04 Jan 2024 13:43

Welcome Aboard!

Firstly, the mere fact you took a measure to distance yourself from the nisayon, Hashem will send a shefa of siyata dishmaya to distance you even further!

Regarding your q, listening to calm music before I head to bed does wonders for me personally. Find permitted pleasures that work for you and the siyata dishmaya will continue flowing!

There are some wonderful people in town... stick around and feel the warmth! You're not in this alone!

- Little Yiftach'l

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Re: Feels like I have no control
Posted by davidt - 04 Jan 2024 14:05

[athecher wrote on 04 Jan 2024 03:16:](#)

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Welcome and congratulations on your great progress and your amazing strength to put in place strong fences so you won't fall!

There are many good approaches for your issue with masturbating. Distraction is a simple and effective technique for dealing with urges you can read more here app.guardyoureyes.com/toolbox/tools/distract .

We look forward to having you on board and to continue hearing positive updates which motivates all of us to become better - one day at a time.

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Re: Feels like I have no control
Posted by true_self - 05 Jan 2024 11:29

Welcome!

Can you think of something that's beneath this rhythmic behavior? P&M are very often the solution for an emotional underlying issue that one tries to soothe himself from. Once you identify whats itching you it might be easier for you to find a healthier alternative to deal with it.

Much hatzlacha!

True self

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Re: Feels like I have no control

Posted by hopefulposek - 05 Jan 2024 14:33

Welcome!

Happy to hear you are trying to address this difficult struggle!

I had this problem when I started and worked out several methods to deal with it: 1) if you have roommates go to bed at the same time as them or a drop earlier. 2) listen to something while falling asleep (music, comedy, a book, or a shiur) 3) work on your sleep in general, in the GYE+ theres a section on sleep which helped me a lot in getting a better routine so that I fall asleep quicker. 4) keep a chart by your bed to mark off good days when your going to sleep. 5) even if you don't have something to listen to (or if it makes it to hard to fall asleep) prepare something else to think about so you don't slip into fantasizing. 6) if fantasizing is part of the problem, work on redirecting your thoughts (others have had success with urge surfing, while I personally have not had success I would suggest trying it as it has a lot of good reviews.)

Hatzlachah Rabba!!!!!!!!!!

Your doing an amazing thing! Keep in touch!

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