

Need advice

Posted by nice jewish guy - 10 Oct 2024 21:20

I struggle with masturbation, bh only in bed but I need to sleep how can I deal with these urges that happen in a place I need to go to. Ps I'm not doing anything during the day that encourages it (but know I act out because of loneliness)

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Re: Need advice

Posted by stopsurvivingstartliving - 10 Oct 2024 23:35

Though I don't have any practical eitzos at the moment, I'll share something a fellow friend told me. By acknowledging why we act out (by you, loneliness) it is a massive head start to winning the battle!

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Re: Need advice

Posted by jewizard21 - 11 Oct 2024 05:35

Ask Hashem, in the moment, to help you when you start to get an urge.

I also used to only masturbate in bed to fall asleep but it grew to doing it outside as well. I think one of the reasons why is that when I was younger (and very rarely now) I had a fear of what happens when we fall asleep and masturbation would calm me to sleep. Then as life went on that masturbation actually was a way that my body would try to relax and didn't develop proper techniques so I would masturbate.

Something that helps to not get urges when going to sleep is teaching yourself to sleep on your left side. Sleeping on your stomach is a recipe for disaster and on your back is better but not by much. Sleeping on your left side also helps with acid reflux and indigestion so that's a bonus.

Also prepare yourself, why or what are those urges caused by?

Idk if what im saying resonates at all but I wish you hatzlacha.

Keep on Trucking, One Day At A Time!!

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Re: Need advice

Posted by odyossefchai - 11 Oct 2024 10:27

Hi!

Yes I had that for a long time.

I absolutely wouldn't be able to fall asleep unless I M***** (not sure how many stars I should get for doing that almost every night for months!!)

I'm new here so I don't know. Have you reached out to the friendly chevra here?

Feel free to reach out to me and shmooze. I don't bite (hey you never know! Lots of people here have all kinds of fantasies!!!!)

I don't have PM yet but ask mods if there's a way to contact me!

There's also many other warm and friendly people here. Please DO take advantage of the warmth that these people will show you.

May Hashem help you in your journey to freedom and victory.

Gmar Chasima Tova

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