

How to squelch the desires...

Posted by thewar7989 - 16 Dec 2013 21:10

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I have successfully kept myself from porn and masturbation for 36 days. Something I've never done before.

I'm afraid to pat myself on the back though. I've noticed that when the urges come, they are getting more intense. Today and yesterday I've been fighting. If I was using my mind and heart as a measure instead of my actions, I would have fallen ten fold.

How do I suppress these desires that, while they are not happening as often, are stronger and more tenacious when they DO come?

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Re: How to squelch the desires...

Posted by tryingtoshteig - 16 Dec 2013 22:15

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[thewar7989 wrote:](#)

How do I suppress these desires that, while they are not happening as often, are stronger and more tenacious when they DO come?

One old trick is to tell someone about it.

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Re: How to squelch the desires...

Posted by gibbor120 - 16 Dec 2013 22:35

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It sounds like the familiar "holding your breath" method. We've all tried it and the pressure just  
) . Then the pressure gets released for a time...  
until the next time.

Have you read the handbook? Do you have anyone to speak to about it?

We need to learn to live differently and release the pressure in a healthy way before we are "forced" to act out.

Take a look at the handbook. Try some ideas. See if it works for you. I highly recommend discussing it with someone you trust. It is hard to "fight" it, especially when it is a secret. Sharing it, helps us "let go" of it. Which is far more effective.

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