

Chizuk for masturbation

Posted by 353535 - 19 Jun 2016 16:53

I'm a 20+ year old single boy, just struggling with masturbation. I can go clean for a week, but then fall back. If anyone has any tips and/or chizuk for me, I would appreciate it.

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Re: Chizuk for masturbation

Posted by markz - 19 Jun 2016 17:13

Hi!!

You could connect with other guys your age eg. inastruggle, Birshusi, Aryeh821...

It would be great if you could speak to someone, your Rebbi, a coach etc

KOTT

KEEP ON TEEN TRUCKING



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Re: Chizuk for masturbation
Posted by Birshusi - 19 Jun 2016 17:15

Welcome!

There are many people around here who have been successful in managing this problem.

Read the handbook.

Try to read the forums as much as possible and you'll come across a lot of good info and tips.

Hatzlacha and Keep on Posting!

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Re: Chizuk for masturbation
Posted by shmiraShachaim - 19 Jun 2016 20:44

Welcome! I am 23, was single a few months ago, and trying to heal as well. stick around and listen to Markz and you'll be fine.

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Re: Chizuk for masturbation

Posted by cordnoy - 19 Jun 2016 21:35

Welcome,

Tip is to stick around.

B'hatzlachah.

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