

Masturbation

Posted by Markaroo - 30 Jul 2017 11:19

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Hi all!

I'm new to GYE and I mainly struggle with masturbation. Would someone have any advice how I could bring this under control and stop? I would love to be free of this awful situation.

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Re: Masturbation

Posted by Markz - 30 Jul 2017 12:20

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Welcome brotheraroo

You've been on for 2 weeks

What have you tried already

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Re: Masturbation

Posted by ColinColin - 31 Jul 2017 03:11

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Is there something which acts as a trigger?

Pornographic images?

Stress?

Tiredness?

Loneliness?

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Re: Masturbation

Posted by gibbor120 - 31 Jul 2017 17:18

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Welcome! First of all, I would recommend reading the handbook. There are lots of good suggestions there. Secondly, keep posting here and sharing about yourself. We can be more helpful with more information. How long ago did you start masturbating? How often? What are your main triggers? Do you have other emotional or family issues that you are dealing with? etc etc.

We look forward to hearing more from you.

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