

It is possible!

Posted by Yiddisheguy - 16 Jul 2021 18:38

I never thought that it would be possible for me to stop masturbation. I WAS doing it daily for years. I would also occasionally act out online when I was down and/or because of my then emotionally distant wife.

The programs on GYE was helpful for me to hold off from masturbating for longer periods, but I still was doing it, especially when I was stressed and down.

When I found a mentor through GYE things turned around. It took some time but eventually this friend changed my life. He freed me besiyata dishmaya from masturbation. I never in my life would have believed that this could or would happen.

After being mz"l i would as hashem to help me and others from this challenge and hashem sent me a shaliach. Thank you so much to GYE!

It didn't end there.

I still struggled and continue to be challenged with an emotionally distant wife. .

My mentor encouraged me not to give up on her. Tell her how much she means to you "he said". I kept on telling her how much she means to me. I bought her flowers or a gift every week. She slowly is becoming more loving.

It didn't end there.

I was unable to ejaculate without thinking about spanking. I now can ejaculate by concentrating on the act of being together with her.

With Hashem's help I will continue on.

Please get a mentor for yourself if you don't have one yet.

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Re: It is possible!

Posted by Rt234 - 18 Jul 2021 19:17

Keep it up!!!!

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