

How to date safely with addiction  
Posted by All 4 Hashem - 28 Nov 2019 01:01

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How can I date with this challenge or porn/masturbation without being overwhelmed? When i picked up on a girls extreme feeli gs for me, it made masturbation impulsive!

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Re: How to date safely with addiction  
Posted by Mark18 - 28 Nov 2019 01:20

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[All 4 Hashem wrote on 28 Nov 2019 01:01:](#)

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Unfortunately you are in great company. I have been married for a while but still remember my dating days. Especially in a guys teens and twenties masturbation really is impulsive and not "planned out". Sometimes the desire is so strong and overwhelming it feels that you just have to give in and you do so. Even though its really difficult (i know) the less you can masturbate the better and Hashem/your Father knows how you struggle and every time you don't give in (even if you wind up giving in days of hours later) every moment is really a victory and even if you dont always feel it He is cheering you on and so are your brothers here.

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