

What do you guys think on nofap

August 9, 2022 | 5 upvotes | by [Search-United](#)

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Comments

IHateNormis • 4 points • 9 August, 2022 12:26 PM

It's a massive cope. I'll probably never have sex so I fap as much as I want

Search-United[S] • 2 points • 10 August, 2022 06:06 AM

Hmm this is exactly how I think sometimes

EnteFetz • 3 points • 9 August, 2022 07:24 AM

I like to do nofap a few days before I meet a girl so that I am more masculine, dominant and can get it up more easily, but when I don't want to be horny or aggressive all the time I just rub it daily

Search-United[S] • 2 points • 10 August, 2022 06:08 AM

That is exactly what I do too

Hodgekin • 3 points • 9 August, 2022 04:19 PM

Fapping is like a drug. In moderation is okay. But you shouldn't be fapping everyday.

TriggurWarning • 2 points • 9 August, 2022 04:45 PM

I feel like moderation is once a day, but multiple times a day is not.

Hodgekin • 1 point • 9 August, 2022 04:47 PM

I dont have a study to inform my decision on this either. My feeling is around once a week.

TriggurWarning • 3 points • 9 August, 2022 04:51 PM

What studies I have read back the once a week routine as potentially maximizing T, but nofapping beyond that arguably has no biological benefit. If it's psychological, then by all means, go for it.

Hodgekin • 3 points • 9 August, 2022 04:53 PM

Thanks for the information.

h1shman • 2 points • 10 August, 2022 01:10 AM

It's only good for guys who have porn addictions

Search-United[S] • 2 points • 10 August, 2022 06:10 AM

A fellow zyzz follower

h1shman • 2 points • 10 August, 2022 01:06 PM

We're all gana make it brah

Search-United[S] • 2 points • 10 August, 2022 08:46 PM



gilamonster69 • 1 point • 10 August, 2022 12:01 PM

It is an exercise in self control. Sex and porn has been pushed onto us at every corner we turn. Fapping make men weak so they won't discover their masculinity and lead like they are suppose to. Look up Eliot Hulse's talk on 21 studio about the war on marriage. It is eye opening.

ZyzzGen • 1 point • 9 August, 2022 07:09 AM

Don't know

bludkrazе • 1 point • 9 August, 2022 07:11 AM

Its taking away my bodily autonomy.

Search-United[S] • 1 point • 10 August, 2022 06:06 AM

What you mean

bludkrazе • 1 point • 10 August, 2022 06:07 AM

Well nofap is taking away my right to have fun with my body.

Search-United[S] • 2 points • 10 August, 2022 06:10 AM

Ooh okay make sense

Syrianchaddet • 1 point • 9 August, 2022 07:21 AM

It will only actually help the people who go crazy about how it doesnt work. It wont really change anything if you realize you need to stop. Its the people who cant who need it. Like most things in life

Search-United[S] • 1 point • 10 August, 2022 06:07 AM

I have done nofap for month before no really changed either other then first seven days

TriggurWarning • 1 point • 9 August, 2022 04:48 PM

The science is fairly clear on this (someone correct me if I'm wrong), nofap has an effect on T, but only for the first week, then the body adjusts and it levels off. If it works for people then they should keep doing it. If it doesn't work, then you shouldn't feel bad about fapping, especially if you limit it to once a week. Simply believing in something is sometimes all that is required to better yourself.

Paliant • 1 point • 10 August, 2022 06:37 PM

Good to a degree, like most anything in life moderation is key.

Studies say use it or lose it in terms of male libido. Allegedly doing nofap for a week maxes your test levels and occasional release helps prevent risk of prostate cancer.

Marzipan-Happy • 1 point • 11 August, 2022 06:59 AM

I wish my husband would do it more for the stress relief alone.

TryLambda • 1 point • 13 August, 2022 01:33 AM

It's unhealthy...as too much buildup in prostate will give you cancer