

Lose libido completely after masturbating. Don't even feel like meeting up with girls

March 4, 2020 | 86 upvotes | by [mksu911](#)

For example I was making plans with 2 girls for the weekend, both DTF, then I fapped, then I feel like just cancelling everything. Just stay home or grab a beer with a mate feels way more appealing

But then I know when I am horny again I will regret it. But if I am horny again, couldn't I just fap again and move on with my day

If sex is a basic need like feeling thirsty, why not take the shortest route to fulfill it?

I'm guessing at some point fapping won't satisfy me and I will crave a female's body, but for now I don't feel like that so why bother?

Anyone ever feels like that? What's your take on this situation?

Archived from [theredarchive.com](https://www.theredarchive.com)

Comments

TheRedPike[M] [score hidden] 4 March, 2020 08:39 PM* stickied comment

Well, this is a shitshow.

First off, choosing not to masturbate or suggesting that masturbation might be the cause of a specific problem IS NOT the same as NOFAP. Sometimes indeed bad habits can cause bad results. The almost religious nofap world is very much not in line with a man that can hold frame and guide his life on his terms.

I think most guys experience what OP experienced at some point. Jerking off isn't the same as fucking, unless you are doing the latter wrong. They affect us differently. That is not to say that jerking off is inherently wrong. Its just to say that you should make decisions based on your situation with as much data as possible.

This is not the place for zealotry on the topic. Nofap participants are welcome here. Dogmatic responses are not and will be dealt with accordingly.

Second, incels. I'm convinced that the vast majority of incels are not. They are volcels. They simply don't want to put in the work to build a better them. And this is where I personally have a problem with nofap. Abstinence is not action. It's passive. Passive choices yield passive results. Ask any alcoholic that has given up the bottle if all they had to do was give up the bottle to succeed.

Finally, in my experience there is a strong correlation between semenretention and people I eventually have to ban. I'm not going to speculate as to why, but know that if that's your foot in the door in a conversation, I'm already eyeing you with great suspicion. And frankly, it just sounds all nuts. But that's just my opinion.

imahoaxandacoach • 214 points • 4 March, 2020 03:29 PM

Stop masturbating.

thrwy75479 • 57 points • 4 March, 2020 05:16 PM

And, you can read more about it here: [https://en.wikipedia.org/wiki/Refractory_period_\(sex\)](https://en.wikipedia.org/wiki/Refractory_period_(sex))

The French also have a term for it: https://en.wikipedia.org/wiki/La_petite_mort

There's also the colloquialism: "post-nut clarity" .

When you aren't getting pussy, it's all you want. When you have it, you won't give a shit about it. This phenomenon can be broadened, and applied to all aspects of life (money, friends, power, etc.).

All of this is tied intricately to "abundance mentality". When you have abundance, you feel better, and can therefore make wiser decisions.

The most important thing that you can have in abundance is time because that's all anyone alive really ever has.

king_of_red_alphas • 11 points • 4 March, 2020 06:57 PM

Well said.

When you live in scarcity, your life is crippled because the preoccupation (subconsciously or otherwise) that you don't have *access* to a basic human need *should you need it*..

It's why we store food, save money, etc

With abundance you can relax and make more future oriented plans in life simply because you know the basics are always on-hand.

Average women live in this state in regards to sex and dating, and it shows any time they try to give an average man advice.

They simply can't conceive on a world in which you have to continuously *hunt* for physical intimacy and generally take whatever is offered to you.

i-am-the-prize • 32 points • 4 March, 2020 04:12 PM

i mean, it can't be that easy, can it?

Unknockable • 11 points • 4 March, 2020 04:18 PM

What he said

MonkMode2019 • 11 points • 4 March, 2020 05:21 PM

It is. Work out. Go for a run. Quit being a pussy.

Rage8150 • 1 point • 4 March, 2020 07:52 PM

But I am what I eat. Seems like I'm doing OK?

IfoundAnneFrank • -27 points • 4 March, 2020 04:19 PM

That's the silliest advice on here. I have a very big and healthy sex drive and have 0 issues being with women and getting myself off if I just need to get it out.

PinacoladaSauce • 40 points • 4 March, 2020 04:22 PM

Good for you. this question isn't about you

rmcassio • 7 points • 4 March, 2020 05:10 PM

Lmao, true tho

fernandoarauj • 63 points • 4 March, 2020 03:59 PM

At least for me, fucking is way more fun than masturbating.

Like, miles apart. Just thinking of smacking some ass while pulling her hair is more fun than jacking off.

Also, initial dates are fun. Bantering, learning new shit, talking about yourself.

It's appealing process.

What happens to me usually is that my insecurity (taking a risk on someone not liking me / having a shit date) would make the certain option look more appealing. You just need to overcome that.

jackandjill22 • 7 points • 4 March, 2020 10:04 PM

I don't like dating. It's not as interesting to me as other things I could be doing with my time.

redditsince2011 • 46 points • 4 March, 2020 04:29 PM

I've struggled with this also. Other people in this thread are saying "just don't masturbate, go have sex it's way better" but it's really not that simple. Even after I have sex sometimes I think "wow, I did all that just to cum. What a waste of time."

It's hard to relate this problem without abundance. When getting laid is rare for you then of course that's the big prize that motivates all your actions. But when getting pussy can happen anytime you want, then it becomes less valuable and your decisions are based less around having sex. So I believe it really comes down to what your big

picture goals are. What can the woman offer you more than sex? If the answer is nothing besides an orgasm, then why not just masturbate?

So in the end it all comes down to what do you want, in the big picture. Do you want the experience of hanging out with a girl, going on a date, having an adventure, and having an experience greater than sex? Or do you just want to cum and make that urge go away so you can do other things with your time?

That's my 2 cents.

kankouillotte • 26 points • 4 March, 2020 05:12 PM

wow, I did all that just to cum

yep exactly. Cycle is get new girl -> meet and fuck a handful times -> wonder exactly why should I like this girl ? she's just a better alternative to masturbation but also costs me a lot of energy focus and attention -> quit her and decide to stay alone for a while -> miss fucking a real girl, go back to the start
my dream is that a low maintenance girl would break the cycle, but i have yet to find one.

Itsgeneticsbruh • 5 points • 4 March, 2020 11:01 PM

Yeah, they're called plates my dude.

[deleted] • 2 points • 4 March, 2020 08:19 PM

That's called marriage. It may break after several years anyway.

mksu911[S] • 18 points • 4 March, 2020 04:53 PM

The cycle is sorta like this

get horny -> swipe -> fap -> get horny -> chat with who I matched with 2 days ago -> get numbers -> fap -> don't text them -> get horny -> text them, set up dates -> fap -> "why bother" -> get horny...

GeuseyBetel • 1 point • 4 March, 2020 09:26 PM

hahaha ain't that the truth

[deleted] 4 March, 2020 05:41 PM

[deleted]

AuberyBitoni • 6 points • 4 March, 2020 07:41 PM

+1, everything this guy said was spot on, couldn't have said it any better.

geo_gan • 1 point • 5 March, 2020 12:54 AM

Once again I feel out of the life loop, never got sent a "sext" or any picture really from any girl my entire life.

rangat42 • 12 points • 4 March, 2020 04:53 PM

Some women are great, but most are a waste of time and full of drama and manipulation. You risk getting stds, false rape allegations, pregnancy. You have to spend money on them and waste your valuable time trying to impress them and chase them as if they are some valuable princess. After you cum you realize how ridiculous it all is and its not worth it. Unless you meet a great women (very rare), might as well just jerk off and avoid the headache.

[deleted] 4 March, 2020 03:50 PM*

[deleted]

DigitalDragonSlayer • 1 point • 4 March, 2020 08:15 PM

Wonder what the science is behind this

Jitters67 • 16 points • 4 March, 2020 04:29 PM

Go check out semen retention subreddit and do that. Day 38 here

OverSentient • 21 points • 4 March, 2020 04:07 PM

You may have masturbation addiction. I suggest you quit cold turkey and there are several subs here like pornfree or nofap that could help you. Masturbation requires lesser effort than taking a girl out and both have the same pay off.

So you might think its better to just fap, but because its so easily accesible your brain gets worn out due to the excessive dopamine releases (if theres any left).

Just know that being with a woman is a much stronger sexual experience and masturbation leads to the degradation of the experience i.e. erectile dysfunction

Terminal-Psychosis • -1 points • 4 March, 2020 07:17 PM

Oh god, /nofap is absolutely ridiculous. Horrible advice.

Stop regurgitating debunked pseudo-science. Or at least do it somewhere else.

OverSentient • 5 points • 4 March, 2020 07:30 PM

Perhaps the subs philosophy doesn't match. That doesn't mean their objectives aren't valid

GeuseyBetel • 2 points • 4 March, 2020 09:34 PM

The premise that too frequent masturbation kills your motivation is true. If you're lacking motivation, limit your masturbation, but quitting altogether isn't necessary and may have the opposite effect. Find the healthy balance just like anything in life.

btprb • 18 points • 4 March, 2020 03:39 PM

Cumming into a sock aint "fulfilling" anything.

ElijahBurningWoods • 13 points • 4 March, 2020 04:28 PM

Sock? I just take 2 chicken breasts and wrap em around my weewee.

WayThrownAway3 • 6 points • 4 March, 2020 06:22 PM

Wait hold up... You warm them first, right?

Steps:

-1. Warm up 2 raw chicken breasts (not too hot).

-2. Put one on each side of your dick.

-3. Using a magnum condom, put the condom around the chicken breast and dick sandwich so it stays in place (it should be nice and tight now, and hands free).

-4. Begin the fapping process.

*extra points of you can put some of the slimy chicken blood/fat combo inside the magnum (I'd use a turkey blaster to inject the solution.

-5. Have a hair dryer (on highest setting) on hand so that you can keep the breasts warm as you fap when they begin to grow cold.

*Some lightly boil the breasts so only the outside gets boiled to avoid salmonella, or even initially put a condom on before beginning step 1.

-6. Invite family over for dinner and serve "Chicken breast A-la-nut" .

Easy.

jackandjill22 • 2 points • 4 March, 2020 10:05 PM

Lol

MisterMarbles1988 • 1 point • 5 March, 2020 12:26 AM

Imao

alphakari • 17 points • 4 March, 2020 05:09 PM

If you want to have a libido, don't masturbate.

If you need to get some shit done and you've got your head in the clouds day dreaming bout hoes, masturbate.

KaliosX • 4 points • 4 March, 2020 06:16 PM

Pros and cons in this bitch

LethalShade • 4 points • 4 March, 2020 04:18 PM

That's what happens. Put biology on your side. Or be a porn wizard, up to you.

Soundnipple • 6 points • 4 March, 2020 04:56 PM

If I stop masturbating the need for a woman is really strong for me. The easy answer is to stop masturbating.

[deleted] 4 March, 2020 05:38 PM*

[deleted]

GeuseyBetel • 4 points • 4 March, 2020 09:40 PM

kinda the point of TRP to not feel.

not true. The point of the red pill is to embrace the truth in things like biology and psychology when it comes to your approach with women.

Having sex/experiences with woman is a part of the human experience and part of a healthy, balanced life.

GameOfBimbos420 • 6 points • 4 March, 2020 05:08 PM

Same, just don't wack it before you're meeting a girl or going out... if I do I literally don't want to move or go out.

Keep the fapping down. If not you literally are taking the "venom" out of yourself...

xX_bullitt_Xx • 5 points • 4 March, 2020 07:35 PM*

If you masturbate with no external visual stimulation you'll eventually lose interest in jerking off. The problem with porn (or nudes) is that it's effectively a sedative. You're killing part of your evolutionary driving system when you satiate desire with porn. Try masturbating with no porn and you'll see what I mean.

DTron2332 • 8 points • 4 March, 2020 04:20 PM

Stop masterbating. If you really feel as porn or cumming on yourself is more appealing than cumming on a women's nice ass then you've fooled yourself.

You think that stroking your cock to another guy fucking the girl you would love to fuck makes you a winner? No. It makes you the guy in the corner.

bumbuff • 6 points • 4 March, 2020 06:04 PM*

Masturbating is mostly habit. I think it's worse than than video games for the endorphin addiction.

Why is it worse? Your T levels take a dip for a bit after you spunk. And your T levels play a role in your confidence and attitude.

When you haven't been laid in a bit and don't masturbate you should be feeling more lustful. 3 or 4 days without any sexual release and the wind could get me off and women feed off of it. I am in there like a tiger playing with its prey before the kill.

That being said, a lot of people new to RP that are trying to get laid really do need to follow a no-fap disciplined lifestyle. Your T-levels rise, you gain some confidence to develop your social skills so that when you do get laid you are confident in your skills that lower T-levels won't affect your game.

But until you have those skills you really need all the T in your system. It's why a lot of people that were able to get out of the habit of masturbating *mostly* saw positive results.

I also have a personal theory that incels and betas generally masturbate too much. They don't masturbate BECAUSE they are betas, they are betas because they masturbate too much. You create a false sense of abundance in your young 20's by jerking off all the time. Then you end up with a bad habit. Fast forward a few years and you've been laid once in your life, you don't care anymore and your appearance and attitude falls to shit. Summed up and paraphrased a it.

Contrary to popular belief I think not masturbating has made me more clear on my goals, where most people think masturbating gives them clarity.

Masturbating, fundamentally, is a participation award for living. I don't want that shit.

EvelynnSpoiler • 3 points • 4 March, 2020 04:25 PM

Prolactin mate

WayThrownAway3 • 1 point • 4 March, 2020 06:40 PM

Glad someone is actually on point here with their science. U pin by any chance?

EvelynnSpoiler • 2 points • 4 March, 2020 06:52 PM

Around 4 years ago. Don't recommend it tbh

WayThrownAway3 • -1 points • 4 March, 2020 06:55 PM

Oh, and dw I'm already a juicy mfer. Years of experience already. Test /tren/deca/dbol/winstrol ☐ ☐ I recommend to anyone who is willing to actually learn about it heavily before starting. If you're the type that can't do research or isn't willing to be bothered, then I highly advise against it.

EvelynnSpoiler • 3 points • 4 March, 2020 07:09 PM

Nearly killed me, and I research things heavily. I'll go on TRT one day though

WayThrownAway3 • 0 points • 4 March, 2020 07:45 PM

Why did it nearly kill you? I've never had any issues with the cycles I've done. We're you monitoring your bloods etc?

EvelynnSpoiler • 3 points • 4 March, 2020 08:19 PM

Insides exploded. Exact same thing happened to a mate

WayThrownAway3 • 1 point • 4 March, 2020 08:49 PM

What does that mean? What cycles were you running?

EvelynnSpoiler • 3 points • 4 March, 2020 09:13 PM

Test & deca at the time. My mate was on test & tren.

It means something inside what we were taking caused our insides to store up loads of shit and implode

WayThrownAway3 • 1 point • 4 March, 2020 10:15 PM

Wow that just doesn't sound like gear at all. At least not any good quality gear. Jesus I've never in all my years heard this. Did you go to the doctor?

think_9090909 • 3 points • 4 March, 2020 04:59 PM

Okay let's clear up a few things. Whether you decide to fuck a girl or masturbate whenever you feel the urge to get some sexual release, you are feeding your appetite for sex. It might seem like you are simply getting rid of the urge when you are fapping (or having sex), but in fact the exact opposite thing is happening. The urge does go away at first but then it comes back even stronger and, overall, you end up desiring sex more.

Sexual release is like any other drug. The more you take it, the more you want it. Masturbating is just a shorter and easier path to get to that sexual release than real sex with real women. It doesn't feel as good as real sex but it does take a lot less effort, so it makes sense that so many men resort to it.

Feeding that desire for sex can quickly take over your life and it can become the only that matters if you're not careful, just like crack is the only thing that matters for crack addicts. That's why if you want to be more productive in life, it helps a lot to learn how to resist those urges so that you can focus on other things like your career, your skills, your fitness, your health, your knowledge, etc. Sex is a very strong desire but it is not a basic need. Try going without food for a week if you don't believe me.

pebblefromwell • 3 points • 4 March, 2020 05:53 PM

Then stop yanking your crank

JohnnyOmm • 3 points • 4 March, 2020 06:15 PM

Holy shit just stop jacking off you already know this

JaevonTheDon • 3 points • 4 March, 2020 10:26 PM

I stopped having sex and stopped masturbation for 60 days. Pure semen retention. It's the greatest I've ever felt in my life your laser focused on everything and it's like all the red pill stuff just instantly sticks with you after a few

weeks. It's the semen. I'm not in the very religious world of nofap i just tried new things and set off to see what works and what doesn't. Semen retention and nofap works. Sr plus red pill will give you everything you've ever wanted

Redditorsheaven • 1 point • 5 March, 2020 01:02 AM

Okay. Thats fine. What's the result? I may agree on focus part. But what about your dating life?

[deleted] • 1 point • 5 March, 2020 01:02 AM

I keep seeing posts like this and feel like calling bullshit because I've only made it to 10 days before I decided to cum again. I haven't cum in 4 days and just had a girl visit me, we didn't fuck and I'm super horny. It looks like I have to push through the first phase before I really start to feel benefits. Masturbation and porn is like the hardest thing for me to stop it seems. I'm 39 and have been jerking it since I was 12.

[deleted] 5 March, 2020 12:43 AM

[deleted]

Redditorsheaven • 1 point • 5 March, 2020 01:01 AM

Thats the point. Into 10 days nofap now. I almost forget about sexuality. When I do masturbate (not much ofc) I had more willingness to find someone to have sex with & approaching girls etc.

tightsleeves • 2 points • 4 March, 2020 08:17 PM

Wow this is stupid; After you release your libido drops... that's not rocket science and is general "being a man 101" shit. If your libido drops to levels this low you need to determine if masturbating is your path to glory.

If you somehow think jerking off to porn is more exciting than having a girl hanging off your dick then I don't know what to say; Quit porn for 90 days and re-align your sexual mind into a healthy state.

unamedasha • 2 points • 4 March, 2020 04:10 PM

You dont enjoy her company. If you don't enjoy a girls company drop her.

WayThrownAway3 • -1 points • 4 March, 2020 07:56 PM

Did u even read the post? Nigga wants to see her until he nuts. I don't think he really is interested in the company of a woman.

hamagiclamp • 3 points • 4 March, 2020 05:15 PM

I like how any time anyone on this sub mentions they masturbate the no fappers come out to project there own issues on the poster.

You're probably not addicted to masturbating. You probably have just reached a point of abundance that sex means very little. Start looking for something else to fullfil you. Your dick needs to get off but don't forget your mind and heart need to get off as well.

lokilis • 1 point • 4 March, 2020 06:56 PM

Real advice up in this shit

catsdontsmile • 2 points • 4 March, 2020 04:31 PM

I have this exact same problem. It's gotten to the point that I will get on tinder, get some girl to send me some audios and nudes begging for it, jerk off and lose all interest in meeting her. It seems like such a waste of time

and energy when I'm not REALLY interested in her. I've actually gone ahead and uninstalled dating apps. I think its a matter of interest. If jerking off is better, then you aren't really into those girls, so better spend your time elsewhere. Ideally stop masturbating and just be hyper-focused in yourself.

jammyjam50 • 2 points • 4 March, 2020 03:59 PM

Saved yourself wasted energy, Potential STDs. Nagging. Endless texting. Smelly used Tinder generation vagina juices on you. Female manipulations. Should i go on?

You doing it right buddy. Pussy ain't worth it really. Focus your energy and resources on yourself.

L2diy • 1 point • 4 March, 2020 08:47 PM

Lmao you forgot /s

jammyjam50 • 1 point • 4 March, 2020 09:01 PM

No. I was serious. Chasing pussy is a bad investment. Not saying to be gay or anything. Just saying today's chicks not worth a chase.

L2diy • 1 point • 4 March, 2020 09:03 PM

So watching porn and masturbating is better? Lmao. He isn't "chasing pussy" he's inviting girls over to fuck. He's living a life of abundance. MGTOW or Incel would be a good sub for you. We are men, we are sexual creatures, sex is good.

jammyjam50 • 1 point • 4 March, 2020 09:13 PM

Sex is great. Just saying be picky. Keep your frame and dont invest anything in it.

He says that after masturbating, he feels that just staying home or grab a beer is better. Which means he made plans to meet them outside of home (their place or pre-fuck drinks somewhere?).

This is what i understood from him.

Sex is fun and awesome. But realizing what its worth and what it isn't worth is next level maturity.

I do support magtow. I believe in fucking chicks. Then helping them be strong and independent by moving to the next one. Marriage is a bad deal for men and it stands in the way of women to be independent. I am a feminist. I never give a ring to any bitch. For their own freedom. □

Aestheticcunt1996 • 1 point • 4 March, 2020 09:02 PM

MGTOW phaggot.

jammyjam50 • 1 point • 4 March, 2020 09:04 PM

Na. I fuck more pussy than all you idiots combined. I am just picky and never chase.

Aestheticcunt1996 • 0 points • 4 March, 2020 09:04 PM

Right attitude.

Unbiased101 • 1 point • 4 March, 2020 05:21 PM

Post Nut Clarity. Look it up

L2diy • 1 point • 4 March, 2020 08:47 PM

That's if you fuck a girl, not if you jerk off to other people having sex

Unbiased101 • 1 point • 4 March, 2020 11:02 PM

Its for both

L2diy • 2 points • 5 March, 2020 12:29 AM

for porn your post nut clarity is that you're a sad piece of shit touching yourself to a screen. It ISN'T that you shouldn't go out and bang other girls. That's a byproduct of your disappointment with yourself.

Domebeers • 1 point • 4 March, 2020 05:31 PM

theres an old mark walberg movie where he is like an assassin, I can't remember the name, but one of the supporting characters is a guy who gave up women to just masturbate, and he has this scene where he explains the rational. It's funny, check it out.

Anyway if you are going out with girls who are dtf but you flake because you jacked instead, yeah dawg don't do that.

" If sex is a basic need like feeling thirsty, why not take the shortest route to fulfill it? "

You wouldn't drink out of a sewer if you were thirsty, you'd still try to find clean water. Think of pussy as clean water. You go for that first.

madfrombrad • 1 point • 4 March, 2020 05:56 PM

Do leg exercise for a quick hit of testosterone. It will boost your confidence and you won't need to jack off

Siyuen_Tea • 1 point • 4 March, 2020 08:29 PM

If you're satisfied with that, why not?

The reason you won't want to do that is because your game will rust and it'll be hard to get when you do want it.

L2diy • 1 point • 4 March, 2020 08:46 PM

Quit being a little bitch, stop masturbating, and hit the gym

boy_named_su • 1 point • 4 March, 2020 08:48 PM

LOWFAP

nexther • 1 point • 4 March, 2020 09:50 PM

Having a girl submit to me... while I use her body aggressively in any way I want, gets me off. Spanking her, tying her up and choking her gets me all hot.

Jerking only gets me off in dry spells... which for a guy like me: doesn't exist.

Sorry but nothing is going to get me off as much as the real deal: HB9's.

Redditorsheaven • 1 point • 5 March, 2020 12:58 AM

Doing at least 10 days nofap. Nothing has changed really. Instead, I don't want to feel sexual and feels like I forgot what sexuality and physical connection are. Before that (when I masturbated 1-2 times a week) felt much better and wanted to search sex and someone who would do with. However, now I completely lost my will on approaching girls. I will continue doing this for more but I am more suspicious than enthusiastic now. That is my opinion on nofap. We'll see where it goes.

bsutansalt • 1 point • 5 March, 2020 01:02 AM

Lose libido completely after masturbating. Don't even feel like meeting up with girls

THEN STOP JERKING OFF! /u/TheRedPike already answered it so /thread

Terminal-Psychosis • 1 point • 4 March, 2020 07:20 PM

Oh god, the freaks over at /nofap are brigading again.

Take the pseudo-science bullshit elsewhere.

.....
mrsmiley831 • 1 point • 4 March, 2020 07:42 PM

Or the idiots that say after you masturbate your testosterone levels drop lol No fap is b.s., it only helps if you're so addicted to porn that it affects your day to day life.