

Masturbating

May 6, 2020 | 95 upvotes | by [6paths_luds](#)

Alright so I'm trying to not masturbate for extended periods of time. The problem is that after 5 days, I'm too horny, can't focus for shit. So I masturbate, and then I'm depressed and don't even want to game girls anymore.

What should I do to get out of this loop?

Archived from theredarchive.com

Comments

RedJourney23 • 157 points • 6 May, 2020 04:52 AM

Masturbate once a week without porn until you can get a girl

Froogleguy622 • 114 points • 6 May, 2020 09:25 AM

PORN is the deciding factor here. Porn is like heroin for the brain and must be avoided at all costs. You don't wanna be some freak who jerks off multiple times a day and you won't be if you avoid porn. Jerking off isn't bad in moderation just stay away from porn.

[deleted] • 40 points • 6 May, 2020 02:09 PM

It's amazing to think of our parents generation and they basically had to go out and meet women in person to scratch that itch or look at some magazine

Really has caused a lot of problems for men

askmrcia • 16 points • 6 May, 2020 03:56 PM*

I'm 29 and when I was in high school 05-08 where smart phones were just becoming a thing. If I wanted to masturbate I had to use the FAMILY computer. Meaning I had to wait until my mom or sister wasn't in the house. And to be honest I didn't know too many porn sites back then that wouldn't kill my computer w/ viruses lol.

Thinking about it makes sense for me to never become addicted to porn like a lot of young adults are now. Its just so damn easily accessible.

curiouscur • 2 points • 6 May, 2020 09:31 PM

Same here, my fam had one computer in the living room and the desktop was huge and slow, it ran windows 98. I think this was 2002 or 03 holy shit.

botet_fotet • 1 point • 6 May, 2020 04:02 PM

Yep, used to call it 'The fantasy whack.'

[deleted] • 1 point • 6 May, 2020 05:34 PM

Lol I forgot all about that. Or using imagination lol

thalobby • 1 point • 6 May, 2020 08:27 PM

Do nudes count as porn?

TehJimmy • 1 point • 6 May, 2020 09:05 PM

yea

thalobby • 1 point • 6 May, 2020 09:09 PM

Damn lol

yadiggggggggg • 47 points • 6 May, 2020 05:56 AM

yup, testosterone hits it's peak after 7 days of not busting.

[deleted] 6 May, 2020 06:51 AM

[deleted]

Ill_mumble_that • 55 points • 6 May, 2020 06:59 AM

Depends on your body and other habits.

I either have to bust every day or lift. Otherwise I can't sleep and start to rage.

Lifting is better. Instead of trying to fuck everything I just start getting shit done like a maniac when I don't bust and ALSO lift.

Lifting is like breathing, life ends without it.

onlyanger • 41 points • 6 May, 2020 07:21 AM

Lifting just makes me irresistibly hornier. It's nearly impossible for me to not fap after a hard workout

hoopingblob • 128 points • 6 May, 2020 07:39 AM

Then stop looking in the mirror you self-loving, good looking bastard

thesoloronin • 3 points • 6 May, 2020 03:11 PM

Hal Jordan, is that you?

[deleted] • 7 points • 6 May, 2020 02:10 PM

Especially if I hit legs. Deadlift and squat like a mother fucker will get me ready to fuck anything

rockyp32 • 22 points • 6 May, 2020 10:25 AM

U mistake that dopamine craving for horniness. Ur just used to getting that pleasure so when u don't get the daily fap pleasure you get irritated and frustrated. Trust me after a while everything gets better. Nutting weakens you

[deleted] • 8 points • 6 May, 2020 02:11 PM

Lol then why after a few days an average girl becomes 10x sexier if not for hornyness

rockyp32 • 3 points • 7 May, 2020 07:29 AM

Trust me man that hornyness is good! But when u fappin all that energy dies. If u just abstain you'll experience something special

rockyp32 • 1 point • 7 May, 2020 04:53 AM

u def do get more horny but then u just kill that drive

Jessor69 • 7 points • 6 May, 2020 12:27 PM

Wrong, after the peak it stacks indefinitely.

rockyp32 • 3 points • 6 May, 2020 10:24 AM*

Longer the better I've been doing it for years trust me should cut that shit out all the way

[deleted] 6 May, 2020 12:42 PM

[deleted]

Flamethrowa21 • 2 points • 6 May, 2020 07:53 PM

Sex is good for you in every way.

thalobby • 0 points • 6 May, 2020 08:29 PM

What if you dont wear a condom?

Flamethrowa21 • 2 points • 6 May, 2020 11:46 PM

Wear a condom..

rockyp32 • 1 point • 7 May, 2020 04:53 AM

yes sex is ok but nay release is draining ive come to learn

CaiusBard • 3 points • 6 May, 2020 03:53 PM

That's not been my experience. I feel like the longer I go, the better I generally feel overall. I'm a believer in NoFap completely which I know is controversial, but I always feel like crap for a few days after. So I just don't see the point for me but I guess everyone is different.

Of course, I'm talking about masturbation not sex itself

rockyp32 • 1 point • 7 May, 2020 07:30 AM

U always feel like doo doo after

Flamethrowa21 • 0 points • 6 May, 2020 07:52 PM

Then it dips below that of masterbation T levels.. it literally just spikes for a day.

lelucif • 0 points • 6 May, 2020 10:28 PM

Thought it was 5

Calm_Quarter • 1 point • 7 May, 2020 03:18 AM

I really can not resonate with this comment thread.

WheresDaLeek • 73 points • 6 May, 2020 05:22 AM

You're doing much better than most.

A good chunk of men masturbate every single day sometimes more.

You have to understand that it's EXCESSIVE masturbation that will really destroy you and that semen retention is HARD and requires great discipline. Yeah man, Somewhere about close to a week of no masturbation you gain a massive spike in testosterone that definitely explains the strong urges. You have to challenge yourself to fight that motherfucker . Go for a walk, do some pushups, go look for something you lost, you can even gather trash in the house and take it out. ANYTHING to get your mind off of it.

Keeping adding one extra day after those 5 days. "I already did 5 days, I can definitely do one more" "Damn It's almost been a week, I'm going to go until Monday" You actually have to work with yourself on this. - Set goals - Understand/identify urges - Expend any and all triggers - Find and repeat tasks that take your mind off of it

Shitcuckedredditsays • 8 points • 6 May, 2020 11:21 AM

Is no semen retention wrong if you spill it from sex with women? Like daily or every two days.

WheresDaLeek • 2 points • 6 May, 2020 11:19 PM

Well yeah because semen retention is semen retention. Now if your going to spill your seed sex is much better than masturbation (mentally)

Blaxxun • 4 points • 6 May, 2020 06:06 PM

Afaik horniness is not connected to testo but instead to dopamine

wtfdoiaskfor1 • 18 points • 6 May, 2020 01:03 PM

that definitely explains the strong urges

This is a load of bullshit.

On a test cycle, my testosterone is 3-10x higher than that of a regular person's, *all the damn time*, and yet after I jerk off or fuck, the urge goes away, yet the testosterone remains stable.

Stop spreading misinformation if you have no idea what are you talking about

Enlightened_Chimp • 21 points • 6 May, 2020 02:36 PM

Your testosterone actually does peak at 145% 7 days after abstaining from masturbating. Then It drops back to baseline after. Learn to stop acting like you're informed without doing any research yourself. Obviously you're not a normal test subject if you're cycling testosterone you dumbass.

<https://pubmed.ncbi.nlm.nih.gov/12659241/>

dusara217 • 7 points • 6 May, 2020 04:58 PM

So, this would imply that the ideal way to maximize testosterone would be to masturbate every 7 days, no?

Enlightened_Chimp • 6 points • 6 May, 2020 05:24 PM

It's only around the 7th day that it peaks. So if you wanted to have high testosterone for an important activity/event/competition then ideally you would indeed want to fap a week before it.

Blaxxun • 3 points • 6 May, 2020 06:04 PM

But according to the study it only peaks one day out of seven. So if people get horny, unless its the seventh day, you can deduce it is not connected.

Also that old study has not been repeated as far as i know so lets not quote it as law.

Enlightened_Chimp • 1 point • 6 May, 2020 07:08 PM

Yes it is connected, but only on the 7th day. Which is exactly what I stated and what the poster above me stated.

wtfdoiaskfor1 • 2 points • 6 May, 2020 02:37 PM

Your testosterone actually does peak at 145% 7 days after abstaining from masturbating

I never said the opposite. I said sexual desire is not directly dependant on current testosterone level. Go the fuck away with your shit strawman

Enlightened_Chimp • 12 points • 6 May, 2020 03:21 PM

You were clearly arguing that T levels are independent of abstaining from masturbation. Now you're trying to rationalize by claiming you were arguing something else because you're not man enough to accept that you've been proven wrong.

wtfdoiaskfor1 • -8 points • 6 May, 2020 03:22 PM

careful there, edgy 13 y/o projecting lol

admlawson • 1 point • 6 May, 2020 09:13 PM

Lol China and 28 volunteers.

GetBehindMeSatan666 • 20 points • 6 May, 2020 01:38 PM

THANK YOU

So much god damn bro science around here.

PartyPoncho • 4 points • 6 May, 2020 03:44 PM

That would be because you're on a test cycle. Not relevant for the regular joe.

wtfdoiaskfor1 • 5 points • 6 May, 2020 03:46 PM

So exactly what I'm saying: testosterone is *not the cause* of the horniness, it is merely a byproduct.

Having high T at a point in time does not mean you are horny. You can have low T and be horny, and you can have high T and still be horny. It is not the cause.

[deleted] 10 May, 2020 09:48 PM

[deleted]

wtfdoiaskfor1 • 1 point • 10 May, 2020 09:51 PM

If someone who is not used to having high levels suddenly has a large spike, chances are they're going to be hornier and have more energy than before the spike.

And for how long do you think the effect of feeling something you're not used to will last? Unless you're advocating for a lifestyle that makes your hormones a rollercoaster?

At some point it'll stabilize, i.e. the nyctohemeral rhythm will peak at similar values every day (notice I'm NOT saying total T will be stable during the day!!). Then what?

PartyPoncho • 1 point • 10 May, 2020 09:53 PM

Then good, you've made it.

At that point you are no longer addicted to something that is negatively affecting your life.

wtfdoiaskfor1 • 1 point • 10 May, 2020 09:57 PM

The point was that testosterone is not the main cause of horniness. There's nothing to "make" here.

Also I was saying that the fact you're on a test cycle is why after beating it your levels stay stable.

No:

plasma testosterone was unaltered by orgasm

T doesn't change after orgasm on regular healthy men that are not on cycle. And yet you still lose sexual desire after orgasm, or experience sexual satiety, most likely due to the spike in prolactin (cause for the refractory period).

All this means that T is not the primary cause of sexual desires, and that prolactin might be an inhibitor.

Ty_Coch • 1 point • 6 May, 2020 08:33 PM

You are dodo...

alphakari • 13 points • 6 May, 2020 09:09 AM

Idle hands.

zeekt12 • 26 points • 6 May, 2020 12:07 PM

Lol people saying no fap is stupid clearly haven't tried it. If they've ever tried semen retention and been on a long streak, i think they'd understand why this is so important.

Ive been struggling with this too. The key is to stay busy, but obviously being stuck inside doesnt help. I can be good all week, but once the weekend comes around the urges hit me like a train.

Just meditate and drill into your head that a short term dopamine fix isn't worth 3 days of feeling like shit.

Calm_Quarter • 1 point • 7 May, 2020 03:22 AM

Humans are monkeys. Point proven

imjustaman93 • 1 point • 6 May, 2020 03:21 PM

First rule of a fight club.

dusara217 • -2 points • 6 May, 2020 04:59 PM

Why would you feel like shit for 3 days? Sounds like you're problem isn't masturbating, it's beating yourself up about a perfectly natural process that everybody experiences.

zeekt12 • 2 points • 6 May, 2020 06:29 PM

Not necessarily shit, but not as optimal. After feeling on top of the world from a semen retention streak, a drop in energy feels much more significant.

After 3 days of retaining, I feel pretty much back where I was before.

when_its_too_late • 37 points • 6 May, 2020 09:27 AM

Just stop giving a shit. This whole don't fap thing just gets you in a depression loop. If you need to blow so steam go ahead, if you don't, you don't. Simple.

RedditCantGetMyEmail • 7 points • 6 May, 2020 04:51 PM

Depends on the person I guess. Masturbating when the urge rises won't harm the guy who has his life and discipline in order. But it's still mindless instant gratification so it won't do the guy who already struggles with impulsive desires any good

dusara217 • 6 points • 6 May, 2020 05:01 PM

Like most forms of pleasure, it is neither good nor bad, it simply is. However, what is bad is suppressing natural urges and trying to shame yourself for them. This results in the formation of what Psychologist Carl Jung called "the Shadow," or the unconscious manifestation of things we don't like about ourselves. It isn't healthy and just causes for us to act out and lose self control and discipline.

RedditCantGetMyEmail • 2 points • 6 May, 2020 05:56 PM

That's true, but someone that has an addiction and has the desire to whack off 5 times a day shouldn't give in to his desires.

BabyPenguinDestroyer • 1 point • 9 May, 2020 03:03 PM

But as a former fap addict stopping fapping isn't the solution. Exploring the issues that cause you to be compulsive and developing better soft mental skills to deal with stress BEFORE you get to a compulsive state is what is key to heal.

dusara217 • 1 point • 6 May, 2020 06:53 PM

That's a good point, and porn addiction is definitely something that should be addressed. However, I don't think that shaming yourself for perfectly natural sexual impulses is the way to go.

Calm_Quarter • 2 points • 7 May, 2020 03:24 AM

Wtf type of gratification then are you even really seeking? A David goggins story?? Gtfo of here

jn14j • 10 points • 6 May, 2020 12:16 PM

I think like all things moderation is key. The difference between blowing off steam after a few days of hard work vs. doing it because of boredom or to numb mental anguish is an important distinction.

when_its_too_late • 1 point • 6 May, 2020 12:18 PM

Hence why I said "need". I hope op can make that distinction between need and want.

Skylights1000 • 1 point • 6 May, 2020 05:01 PM

Exactly. I'm very inclined to believe all this "depression and self hatred" is a placebo effect caused by idiots online who wants to do the bare minimum in their life so they can feel better.

If you feel like jacking off, go ahead. If it gets in the way of your goals/life, you need to look into it. Obviously.

when_its_too_late • 2 points • 6 May, 2020 05:04 PM

The main goal of TRP is finding your own weaknesses and fixing them. If something gets in the way it should be dealt with.

spaceoprah • 1 point • 6 May, 2020 09:27 PM

nothing wrong with jacking off, its the porn bro. Thats what fucks you up.

AncientDragons • 14 points • 6 May, 2020 01:03 PM

"What should I do to get out of this loop?"

Stop fucking worrying about it. If you are so insecure as to make masturbation some kind of dirty addiction in

your mind like it's heroin or something, then you have an unhealthy relationship to your own body and your own sexuality.

Work on that. Unless your masturbation is preventing you from going out and living your life or if you're some kind of porn addict who can't stop looking at it for hours every day, then you're just a normal guy who has a wank every day or two. It's nothing to be depressed about. If your brain is messed up that badly over it then trying to force yourself not to masturbate EVER is just going to make you repressed and sad. Recipe for misery there, mate.

throwawaylike_shit • 1 point • 6 May, 2020 05:15 PM

thank you

downvotesanimals • 14 points • 6 May, 2020 12:58 PM

Every time a Q about jerking off gets posed we hear from the post fap enlightened dipshit brigade...

Just listen to yourself... you claim to be getting DEPRESSED... for jerking off when you get horny after 5 days. Why? What's to be depressed about?

As long as youre gaming girls, focusing on your health, strength, career and living your best life, the occasional wank will do nothing, nada, zero damage.

NoFap should be for helping people who are chronic porn addicts and masturbators; people who aren't living normal healthy lives due to jerking off have a reason to stop.

Sounds like you've drunk some weird nofap cool aid that's not helping you.

superdrolic • 26 points • 6 May, 2020 04:41 AM

Perhaps once you understand the destruction you're causing yourself.

Every time you break that promise to yourself, you're reinforcing in your subconscious mind that you're a little bitch who doesn't keep his word.

You can't run from your own memory bro

Azora • 5 points • 6 May, 2020 09:50 AM

Powerful.

rnsbrum • 4 points • 6 May, 2020 02:45 PM

I'M ON NOFAP DAY 20!!!! AND I AM A STEROID USER (CURRENTLY ON 150MG/WEEK TEST-E, THAT MAKES ME 5x AS HORNY AS A NORMAL PERSON)

Sorry I had to brag about it. Heres my tip, there is no easy way around this, being too horny and shit. ITS A FUCKING BATTLE! You have to focus your mind in something else, BY ANY MEANS NECESSARY.

Whenever I think of relapsing, I remind myself of how much of a loser I will feel if I do it, and how good I will feel when I wake up the next morning knowing that I WON THE FUCKING BATTLE! This is hell brah, this is what every motivational speaker talks about when they say "the battle", "getting down in the mud" etc...

RESIST, FIGHT, ARISE!!!!!!

But here are some practical tips:

- GET PHYSICAL, go out for a walk, run, lift, do some pushups, pull ups whatever you can do at the moment TO GET YOUR MIND OFF THAT SHIT.

-Find a buddie or online friends that you CAN MESSAGE or call for help whenever you think of relapsing, this has helped me a lot. you can look me up on instagram and DM me whenever you think of relapsing (@rvbrum).

-GET EVERYTHING THAT MAKES YOU HORNY OUTSIDE OF YOUR VIEW. Do not look at pictures of girls online, do not look at hot women on Instagram, do not look at women on videos, do not look at women on TV. You are like a cocaine addict, if you find a single trigger, you will find a reason to do a line of coke.

-Go after real girls! YES, thats right. Try it, as stupid as your approach may be, it will get some stimulus going, and if you manage to get lucky, guess what, you will be set for another 7 days of pure bliss (You dont feel like masturbating after having real sex).

robot3000_01 • 3 points • 6 May, 2020 10:13 PM

[illegible]

Calm_Quarter • 0 points • 7 May, 2020 03:31 AM

Still better than the no masturbate crew

TRP_Scepter • 13 points • 6 May, 2020 05:35 AM

The first two weeks of nofap are the hardest. Pun not intended.

Once you make it past week two, even without any sex, as long as you stay away from porn you're gonna be fine.

Ill mumble that • 50 points • 6 May, 2020 07:00 AM

No fap is fucking stupid.

NoPorn is all you need. Stop masturbating to porn and you automatically stop masturbating so frequently.

Porn also trains your brain to be a cuck. Yer sitting there masturbating watching some other dude fuck a chick.

No porn. No problem (with masturbating).

rockyp32 • 5 points • 6 May, 2020 10:28 AM

So does normal masturbation BRO your fantasizing in you head about a version of you that's not you
fucking a girl same shit with porn

Ill_mumble_that • 8 points • 6 May, 2020 12:40 PM

I think about taco bell chalupas while I beat it.

dusara217 • 2 points • 6 May, 2020 05:06 PM

Is it possible to learn this power?

Ill_mumble_that • 1 point • 6 May, 2020 06:08 PM

Yes, only from someone with a trim waist and big gains. One who truly abstains from the Chalupas because gains and belt size is more important than delicious convenient food.

God damn those things are tasty but I won't eat them.

DiosJ • 8 points • 6 May, 2020 08:16 AM

The problem is fapping with no porn leads to binge porn session for me.

Ill_mumble_that • 14 points • 6 May, 2020 12:43 PM

Cause yer addicted.

MaverickCarter • 4 points • 6 May, 2020 07:05 AM

what about girls just in bikinis? or pics that aren't obviously porn on IG

Ill_mumble_that • 25 points • 6 May, 2020 07:18 AM

When you see a hot chick would you go talk to her, or would you take your dick out and start masturbating from a distance where she can't see you?

The latter is fucking wierd and spineless.

Porn trains you to be a pussy just like that in that case.

Not to say all porn is bad. Watching porn with a girl can be beneficial because it can make her do shit that you see in the porn because it normalizes it for her.

itiswr1tten • 42 points • 6 May, 2020 07:15 AM

Why are you negotiating with other men about touching your own dick?

MaverickCarter • 9 points • 6 May, 2020 07:21 AM

lol I'm just asking a question.

itiswr1tten • 3 points • 6 May, 2020 03:09 PM

<https://www.urbandictionary.com/define.php?term=JAQing%20off>

breathintoyourballs • 1 point • 6 May, 2020 09:14 PM

The second definition is even better.

RevolutionaryPea7 • 2 points • 6 May, 2020 01:29 PM

They are porn. If you're not fucking her yourself then someone else is. That makes you a cuck.

Calm_Quarter • 1 point • 7 May, 2020 03:30 AM

So do you deny that fact that women you currently sleep with have been fucked before? Or how does that

work... you think you're something special?

Ill_mumble_that • 1 point • 7 May, 2020 11:55 AM

Reading Comprehension. It's a very important skill to have in this modern world. Practice and you'll get it.

dutchgguy • 1 point • 6 May, 2020 09:22 AM

I agree it's stupid, I don't even get how u can stay aloof without masturbating.

[deleted] 6 May, 2020 11:27 AM

[removed]

redhawkes • 0 points • 6 May, 2020 02:08 PM

Of course not, then you'll become cucked eunuch

ging-furikusu • 1 point • 6 May, 2020 02:57 PM

U arent watching someone its as if you are doing the fucking

Ill_mumble_that • 4 points • 6 May, 2020 03:32 PM*

Professional pornstars in general are really toxic to the male psyche.

These aren't real women. They are actresses. They fake orgasms, they aren't passionate, they don't behave like a woman does in the wild.

Watching pornstars doesn't teach you how to make a woman cum. It doesn't teach you how to bed a woman. It doesn't teach you how to make a woman passionately crave you.

Frankly, professional porn teaches the opposite and makes you retarded.

Amateur porn is better. But fuck that too lately. Way too many retarded women trying to start up OnlyFans and Patreon and Clips4Sale bullshit. At that point they are actresses.. There is a myriad of camgirls faking orgasms every day while using those remote control Lush vibrating toys. That shit ain't good for your mind either.

I saw some dude tip a chaturbate girl \$500. WTF? For that much you can get any HB9/10 escort to suck your dick for real. **Porn makes you a simp.**

Go out. Talk to a real girl. These actresses are just a bunch of leeches on society. And they don't give a fuck about what it is doing to young men. It's making our men weak.

redhawkes • 1 point • 6 May, 2020 03:19 PM

Lmao my sides. Stuffing your dick in a plastic tube aint fucking you fucktard

[deleted] • 12 points • 6 May, 2020 07:01 AM

I'm like 400 days into NoFap (I have had a girlfriend for over a year and have sex), but I did about 100 days without nutting or porn. The best thing to do is have a reason not to do it. It could be anything, but it has to be something legitimate (not just because you want to). That's what I've found. Keep trying, and every time you quit you get a bit better at it

bethanyisawhore • 3 points • 6 May, 2020 01:21 PM

NoFap is not bullshit for someone like me whose only idea of sex since the age of 11 is to jerk my dick to

moving pixels on a screen. I have porn induced erectile dysfunction which means I can only get hard or finish if I'm looking at porn. I've had disastrous real life experiences with girls because of this which led to depression and lots of other lovely things. So whatever you do, don't watch porn, it's fine to jerk off but do it without porn.

Calm_Quarter • 1 point • 7 May, 2020 03:34 AM

That's called cognitive conditioning and you'll forever be stuck in reverse psychology with this mindset.

Admit you have no physical problem like you currently treat it, and learn to condition yourself to not give af

DifficultContext • 3 points • 6 May, 2020 02:55 PM

128 days since I last masturbated. Giving up porn made it easy. When you see behind the chick in porn and realize what you are really watching, giving it up is easy. It helps a great deal if you have someone you are banging on the regular. It does make the sex better because you will become much more horny and not suffer from the POD of masturbating.

awihsoj • 3 points • 6 May, 2020 04:51 PM

Meditation. The reason you cant focus and you give in is because you cant divert your attention onto other things when an urge comes. Start off with 10 mins a day and work your way up. As someone who was addicted to porn, it helped alot. When an urge comes, think of it as a way to build will power for the next urge. The more willpower you build, the easier this journey will be.

masterpiece00 • 8 points • 6 May, 2020 07:34 AM

Masturbating is healthy and natural, just don't do it too often. Everything else about nofap is beta psuedo-science.

Lostfate09 • 2 points • 6 May, 2020 08:40 PM

NoFap is BETA? wtf are you talking about. jacking off to someone else fucking a real girl is about as BETA as you can possibly get. Semen Retention is to cultivate masculinity

masterpiece00 • 1 point • 7 May, 2020 12:23 PM

jacking off to someone else fucking a real girl

Did I say jacking to porn?

Lostfate09 • 0 points • 8 May, 2020 08:12 AM

You were thinking it though weren't you, you dirty bitch :P

2shark8 • 4 points • 6 May, 2020 11:55 AM

Ive been on nofap for some years now, so let me break it down to you. The first month is the worst. But if you keep busy with lifting and taking care of your shit, you will soon notice your confidence to rise. Plus this with cold showers and youre set. If your goal is women, they will soon come. For the most part because of the newfound confidence youll get, but there are some other factors that will come into play. Since ive stoped, I can game women effortlessly and get a new plate as soon as I want. If that is your goal. But if you use it on building your kingdom and working on yourself, in a few years you wont have to worry about getting pussy. Trust me.

VisualCandidate • 5 points • 6 May, 2020 05:34 PM

سَمِّ اللَّهَ الرَّحْمَنَ الرَّحِيمَ

I am by no means an expert other than having to grow out of this mentality. the surface aka your actions are not based upon whims and feelings (emotions, thoughts, etc) ... like most women. Your actions are deeply rooted in a few psychological factors and conditioning that you must overcome as a transitioning man.

You must realize pornography is the pedestalization of women in the most destructive capacity. And masturbating to "porn" directly conditions your brain, and body to that as "normal". Therefore you actually believe there are women out of your league and men more worthy than you. I like Lion King (animated, not that CGI garbage) as an example. Mufasa, Scar and Simba are all Alphas their paths to leadership were just different. Find your path and walk it even if you have to meet a monkey and become friends with a meerkat.

pay close attention to your triggers, what does being "horny" have to do with ejaculation? I can feel horny and go about my day shopping or playing video games where I may not be completely "horny" while messing with an HB1-5, I can still get a nut tho.

... There is much to say, realize that pornography and masturbation are symptoms of deeper problems one being you don't feel worthy of the women you fantasize about. Because realistically who would watch some dude stretch out the female you want? Don't allow "norms" to lead you into becoming a cuck. Being a cuck is literally a pathway to HELL. physically, emotionally, mentally and spiritually.

Calm_Quarter • 0 points • 7 May, 2020 03:28 AM

This is straight bluepill insecurity shit. I'd for one would absolutely marry some of these hoes without any sort of bs expectation and amazing sex.

Your next gf and wife will have been stretched out before btw, just not on camera. You and your golden standard is bluepill pedestal.

rockyp32 • 2 points • 6 May, 2020 10:23 AM

Bust through it. Focus on other stuff if u only focus on not nutting eventually you'll nut. Focus on whatever u want. Whenever u get that urge remind urself it's not natural and then do something else like hit the gym or workout

[deleted] • 2 points • 6 May, 2020 10:58 AM

https://www.youtube.com/watch?v=CnOg_ZS4eSE

Elfclan30 • 2 points • 6 May, 2020 11:21 AM

transmute

JaevonTheDon • 2 points • 6 May, 2020 02:09 PM

Porn is like a drug bro. The stuff is addictive as drugs and manipulates the brain into thinking your actually having sex. Get out while you can now. And your not horny they're urges. It will subside, and if you can't stop watching it then your addicted.

m0rty1g • 2 points • 6 May, 2020 09:15 PM

I masturbate whenever I feel like it, no problem

LeatherBoundWisdom • 2 points • 7 May, 2020 02:35 AM

Have more willpower. It's hard for everyone.

If you're getting heavy dopamine from other sources (ex, videogames), that could trigger you to want more. It's harder to eat half a meal than starve.

Don_Draper27 • 4 points • 6 May, 2020 12:30 PM

Do you masturbate with porn? Never watch porn ever again and let yourself masturbate every 5-7 days.

Mitchborn • 2 points • 6 May, 2020 03:11 PM

the true and only answer

jn14j • 2 points • 6 May, 2020 12:28 PM

As someone who has had Nofap just about drive me insane in the past, I understand.

I think in this instance it is great to feel your baseline motivation and mental clarity improve over the 5 days. However, once that testosterone peak hits and you become too horny to think is probably the point you are at. Don't know if you are using porn or not, that can fuck you up. If you are not, the "depression" you feel is likely from going from a hyper-aggressive (horny) state to being relaxed and mellowed out. Whether you actually get depressed or not depends on whether you allow yourself any release at all. Scheduling a once a week wank for example. If in your head you want to go completely fucking celibate, yet you keep breaking a promise you made to yourself there you fucking go. When you break promises to yourself you tend to not feel too great...

arshadpakkali • 2 points • 6 May, 2020 12:46 PM

That's a great point man , breaking self promises gets you into a depression loop

GlowInTheDarkDonkey • 1 point • 6 May, 2020 09:37 AM*

You could try not being a nofap retard. But that would take a nuanced understanding of how to not suck the dumb end of reddit's dick.

Some of you chodes think every guy who gets laid is some nofap disciple, and that's just not so.

If I didn't get laid because I touched my dick I'd be an incel like some of you silly shits.

whereisthescrew • 1 point • 6 May, 2020 09:25 AM

No fap is utter bullshit. not backed by any science. As a matter of fact science says you should jerk off almost daily to maintain your junks, avoid prostate cancer, and level your stress if you dont have a partner

JaevonTheDon • 6 points • 6 May, 2020 02:20 PM

Do the research before coming up with claims like that. Why would you spill the very seed your made from? Boxers don't have sex nor masterbate 10 weeks before a fight. Do you think are ancestors beat there dicks for fun? no. They had to survive.

askmrcia • 0 points • 6 May, 2020 04:11 PM

Boxers don't have sex nor masterbate 10 weeks before a fight.

This is a myth and only SOME boxers do that. There tons of other pro athletes in various sports that have sex whenever and do just fine. At the end of the day, everyone is different and everyone's body works differently.

I've seen guys eat a shit diet, still have abs and can still sprint faster then 90% of the population. But you hear all these health experts talk about diet this and diet that. Same thing with masturbating. Some guys need to abstain for weeks while others can just do it for days and will be just fine.

whereisthescrew • 0 points • 6 May, 2020 05:15 PM

Our ancestors certainly jerked off, like most primates on this planet.

https://en.wikipedia.org/wiki/Non-reproductive_sexual_behavior_in_animals

Not fapping is everything but natural. You are fighting a natural instinct with some pseudo scientific / religious bs that make your life only more complicated. But hey, good if the placebo effect works for you

JaevonTheDon • 1 point • 14 May, 2020 02:31 PM

The goal of your biology is to reproduce and pass on genes. Masterbation tricks your brain into thinking your having real sex. Your brain doesn't know the difference. Just look up the effects of sex addiction. It's literally the same effects of masterbation. To much of any good thing is always's a bad thing. I'm not saying like never masterbate but i'm talking for people who watch porn and masterbate everyday and are addicted and don't even know it.

whereisthescrew • -2 points • 6 May, 2020 02:44 PM

Why do you care so much about what other people do with their junks? Do whatever the f you want but don't come here with pseudo scientific facts that hold no ground trying to justify yourself. Just use google and read some real science

JaevonTheDon • 5 points • 6 May, 2020 02:47 PM

So your saying there are no effects from nofap? Nothing? You use google as a primary resource to justify science? Try it for yourself. If you can't go a week your addicted. It's not pseudo science if hundreds of thousands of people share the SAME experience. AT LEAST be open minded here instead of being irrational.

whereisthescrew • 0 points • 6 May, 2020 05:08 PM

Look, Whatever works for you.

But Jerking off or fucking a girl or doing both everyday what's the difference from a biological standpoint? None What you guys are preaching is the same as to not having sex at all or once in a blue moon. Even the most radical religious nuts don't do that shit. Most guys I've known including myself bang our women AND jerk off almost daily and we all feel fucking awesome. No need to make life more complicated

Monkitail • 2 points • 6 May, 2020 07:08 PM

Napoleon hill has a great chapter in think and grow rich about sexual transmutation. Great read and it discusses in essence without getting into the science of it what the purpose of dopamine fasting vis. Masturbation does have an effect on your dopamine use and that can't be disputed. Read a fucking book.

GlowInTheDarkDonkey • 2 points • 6 May, 2020 10:05 AM

Touching dick is clearly gay, and that's the opposite of getting pussy. Just do the math!

Some of these poor shits really think the key to not being such a fucking failure at life is to stay as far away as possible from their half-inch. They need to believe they'll become a tiger stalking their prey from their over-abundance of spunk and T weighing in their tiny marble pouch.

It's disturbing.

rockyp32 • 1 point • 6 May, 2020 10:30 AM

YEAH IM SURE NATURE DESIGNED MEN TO MASTURABTE CONSTANTLY YOU IDIOT. IM SURE NATURE THUGHT OH WASTING OUR SEED DAILY WHICH WE NEED TO PROCREATE IS

A GREAT IDEA

whereisthescrew • 1 point • 6 May, 2020 11:13 AM

Try again with some scientific facts fucktard

brosky7331 • 3 points • 6 May, 2020 03:13 PM

You think the cavemen were jerking off?

whereisthescrew • 2 points • 6 May, 2020 04:49 PM

Of course they did; even fucking monkeys do. But you're missing the point

brosky7331 • 3 points • 6 May, 2020 05:01 PM

Doubt it

rockyp32 • 2 points • 7 May, 2020 07:28 AM

Yeah the beta monkeys

[deleted] • 1 point • 6 May, 2020 02:13 PM

Nothing here is backed by science but it works

Monkitail • 0 points • 6 May, 2020 07:05 PM

This sub is just chock full of morons

RevolutionaryPea7 • 1 point • 6 May, 2020 01:29 PM

Not masturbating is a great goal. But not cumming for extended periods is an awful idea (unless you've got some severe porn induced erectile dysfunction). You need to clean out the tubes at least once a week. So if you're not fucking women then masturbate without porn.

DeepNuttet • 1 point • 6 May, 2020 02:27 PM

What is your reason for quitting masturbation? It seems like it's causing you pain lol. I don't know why you'd do something that makes you unhappy with a low cost to benefit ratio.

fartingaround • 1 point • 6 May, 2020 07:40 PM

U are hyper focused on wacking off. Your not gonna overcome anything if u keep focusing on what NOT to do. Get obsessed with something else...if u ask me

JohnnyOmm • 1 point • 6 May, 2020 08:07 PM

Once u go over the hump of withdrawal it's all gucci

Lostfate09 • 1 point • 6 May, 2020 08:23 PM

You have to channel the energy into something else. work out harder start a new program or look into starting a business

[deleted] • 1 point • 6 May, 2020 08:57 PM

Similar to what others are saying here, don't worry about it, it's in your head.

Just wack off every couple days, when you want to. Just stay away from porn.

WheresDaLeek • 1 point • 6 May, 2020 11:16 PM

Thank you to all those that know your T spikes at about a week.

Calm_Quarter • 1 point • 7 May, 2020 03:21 AM

Nah, sorry. Y'all are crazy. What type of blissful mindfulness lives do you all live where porn / masturbation isn't a self enjoyment / stress reliever?

I don't prioritize plates over myself. Lmao at discipline... no. Direct your efforts elsewhere.

aegeaorgnqergerh • 1 point • 7 May, 2020 04:08 AM

Masturbation is normal. Watching porn is normal.

This whole "nofap" thing is invented by incels as an excuse for their own failings, their usual tactic of passing the blame to something/someone else.

My main question is why you're trying this? What is the issue with masturbating? Unless you're a fucking monk then there's a much bigger issue here you need to be addressing.

Demolitionerx • 1 point • 9 May, 2020 03:16 PM

Game girls? Does this sub exist in a whole other realm where we aren't in the middle of a fucking pandemic!?

Yeah, the whole place is lockdown but me masturbating often is the problem..

IsaacShSe • 2 points • 6 May, 2020 07:51 AM

Don't buy that no fap bullshit. Just minimize the amount of porn you watch and don't watch it unless you are horny. Even better if you dont watch porn at all and get off while sexting.

TheChinkLord • 1 point • 6 May, 2020 08:36 AM

Go lift you fatty

muricanwerewolf1 • 1 point • 6 May, 2020 06:11 PM

Stop feeling shame for something that's perfectly acceptable. Dudes who scream and shout about how you should never ever masturbate and not masturbating has given them 2020 eyesight and cured their cancer are just as fucking nutty as some porn-sick basement-dwelling coomer.

If you're masturbating basically once a week that's not even close to a problem. Your testosterone levels are not effected in any way by masturbating. Your drive to go out and meet women is not effected by masturbation, unless you're using masturbation as an avoidant cope for the fact you can't meet women. If you're doing everything else right, and you occasionally need to knock some poison out, do your thing.

Not that long ago dudes were telling each other to whack off before a date to take the edge off because we were literally too horny to think. Now the narrative is if you've whacked off in the past month you've essentially neutered yourself. For most people, managing this need or habit is not even close to a priority when it comes to the other shit you should be doing to improve yourself.

rockyp32 • 0 points • 6 May, 2020 10:27 AM

Listen man WE CREATE THE SEED FOR HUMAN LIFE. That shits not cheap to make it takes energy and time to make. When your mindlessly throwing that shit away constantly you'll be on a much lower vibration then you would be retaining.

It's tough to accept and realize but you gotta cut porn and fapping. You think men were created to fap? It's pathetic

downvotesanimals • 0 points • 6 May, 2020 12:49 PM

It's actually incredibly cheap to make. Human males can, and do, make infinitely more sperm than is required to raise a large family, and do so well into old age.

Eggs, on the other hand, are extremely "precious" as women produce a finite amount and only during their fertile years, AND care for it after fertilization. Perhaps you're confusing the two?

In fact, some biologists claim that the fundamental difference between sexes (in general, not just applicable to humans) is that males produce "many, small, cheap" gametes while females produce "few, large, precious" gametes. Believe it or not, a general definition differentiating males and females is not easy to produce in science.

rockyp32 • 0 points • 7 May, 2020 04:54 AM

false. eggs are not precious. semen is precious it takes 70 days for sperm to fully mature. both are valuable but men just throw it away

downvotesanimals • 1 point • 7 May, 2020 12:34 PM

I really do not know where to begin with this assertion. I suppose you could start by reading literally any book or article on the evolution of the sexes and sexuality or behavior differences between the sexes.

rockyp32 • 1 point • 7 May, 2020 09:23 PM

The fact u say eggs are precious??? But every woman has then just like every man has sperm there's higher quality and lower quality yes. What's more important the seed or the soil? They both are vital

downvotesanimals • 1 point • 7 May, 2020 10:19 PM

You're too stupid to argue with.

rockyp32 • 1 point • 7 May, 2020 10:33 PM

Every woman can bear a child wtf makes u think there previously there's an abundance of sperm and eggs in the world

downvotesanimals • 1 point • 7 May, 2020 10:46 PM

If I trusted your capacity to read I would spell it out for you.

rockyp32 • 1 point • 7 May, 2020 10:51 PM

Lmao I fucked that up real bad.

brngamer • 0 points • 6 May, 2020 06:53 AM*

Read WOTSM

*edited

Way of The Superior Man

cbxxxx • 2 points • 6 May, 2020 10:46 AM

What the fuck is WOTM