

No fap 7 days causing shame in sexuality?

1 upvotes | 10 July, 2017 | by empatheticapathetic

I have a lot of experience with no fap and can do it without issue. I usually have a few weeks of Nofap and then indulge with porn for a week or few days then back on Nofap.

My life is a lot more settled right now than it's ever been so I was planning on doing no fap for a week or two then going to see an escort next week for my third time having sex (first two were a few years ago with an escort followed by 5 consecutive fails to get hard).

I watched porn for a week then started on no fap. At the start of the week I was so ready and excited to go to the escort but now a week later I am just so full of self loathing and anxiety about sex and the expectation of the experience.

I've been working away so I couldn't just skip the week and go straight away, and I prefer to use the experience as a reward for a successfully week of keeping to positive habits.

I notice this when I do Nofap and it's a huge part of the reason I was so needy and blue pill with my oneitis. Why does this happen?

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Comments

askmaury • 3 points • 10 July, 2017 08:26 PM*

Withholding from masturbation is a very ineffective way to deal with performance anxiety. Hth

Edit: Also excessive rumination and anticipation regarding madturbation can lead to more severe cases of sexual performance anxiety. I.e. scheduling out your refraining and indulging in porn/masturbation

failingtheturingtest • 3 points • 10 July, 2017 11:30 PM

You're putting WAY too much pressure on when/how/why/if you are allowed to masturbate, orgasm, and/or sex. Cut that shit out.

Feel like a wank? DO IT. Feel like you've gone overboard with the wanks this week? Do less.

One of my favourite gems of advice I got from this sub was "If you cannot orgasm by doing only you (no porn, no thinking of a sheila, just enjoy yourself), then you need to work on you".

Seriously, I refresh with a good mirror wank every now and then and it has helped me have zero hang-ups about performance, how I look, what women see in me, etc. I literally turn myself on. And that's fucking awesome. It might seem like some Patrick Bateman shit, but if it weren't for the axe-murdering, I think sheilas would still love that bloke (some would still love him even with the axe-murdering). nb. Don't murder anyone.

TL;DR You're pedestalizing Sex/Orgasm/Masturbation and it's putting too much pressure on you. Focus on enjoying it rather than policing it.

TigersBlue • 1 point • 10 July, 2017 09:10 PM

Seeing escorts will stifle your motivation to go after girls in the real world. Best way to get over your performance anxiety is to find a girl that will work with you through the problem (i.e. Doesn't care if you can't perform the first couple of times) until your comfortable enough with her

vandaalen • 2 points • 10 July, 2017 11:10 PM

"Best way to drink in the desert is to find some water to drink."

TigersBlue • 1 point • 10 July, 2017 11:23 PM

Are you advocating paying for the water? Or am I being dense

vandaalen • 1 point • 10 July, 2017 11:24 PM

am I being dense

Yes

TigersBlue • 1 point • 10 July, 2017 11:46 PM

Ah I get what you're saying now. Maybe I was putting the cart before the horse a little bit, but my point still stands. You're not gonna get over performance anxiety by having these bad one-off experiences.

empatheticapathetic[S] • 1 point • 10 July, 2017 11:33 PM

I just want to have a couple good experiences where there is no judgement. My oneitis destroyed me over my lack of experience. Once I gain just a smidgen of sexual confidence then I'll start trying for normal girls. It's

taken me a year to make some headway through some lifelong ED issues. I can't imagine attracting a girl currently never mind some unicorn non judgemental girl.

TigersBlue • 1 point • 10 July, 2017 11:53 PM

How's your oneitis destroy you, did she bounce after you couldn't perform? On to the next one.

And do you have ED or anxiety? Either way, look into cialis/viagra. It can help make you more confident that you'll perform as well as give you some positive experiences to get over this hump

empatheticapathetic[S] • 1 point • 11 July, 2017 12:04 AM

She was just the only girl I'd ever attracted before. I was insanely attracted to her and she was a virgin (she didn't know I was). Then she fucked some guy after we'd planned to meet next and rubbed it in my face. It was 2 years ago now and I've grown mentally and worked through issues but still have trouble progressing in this area and attracting new women. I'm honestly light years ahead of where I used to be but still not 'there' yet.

I've been to hell and back with my ED and lack of sex drive. Viagra and cialis don't work due to low blood pressure. My sex drive and dick finally seem to be working after introducing some periods of masturbation back into my life and I want to go cum inside a girl again. Just wondering why I get mood swings when I don't masturbate and what the root of it is so I can identify and work on it.

imsorted • 1 point • 10 July, 2017 10:34 PM

Once a week works for me.

vandaalen • 1 point • 10 July, 2017 11:11 PM

Fuck nofap.

Why do you give a fuck about performance with a hooker? It's her job to make you happy, not vice versa.

empatheticapathetic[S] • 1 point • 10 July, 2017 11:36 PM

I don't care about what she thinks. Just about how shit I am/issues manifesting Fucking up my experience. I've had ED 5 out of my 7 experiences but I think I've worked through them now after moving past a lot of life and health issues.

Fuck_You_Pay_moi • 1 point • 11 July, 2017 05:46 AM

quit the wanking and the hookers, if normal sex with a girl is the only way you're allowing yourself a release then you'll get over your anxiety really quickly...

[deleted] • 1 point • 11 July, 2017 05:51 AM*

That's because the nofap crowd like to force the idea that women mustn't be sexualized and viewed as objects. Now when you start nofap you start thinking that you're a "better" person very different from the degenerates who watch porn and degrade women.

The problem with this is now you can't get hard because you hate the idea of sexualizing women.

Women are objects that must be sexualized, there's no other way to look at them. The only exception is your mother and other females in your family.

You have to visualize your girls as complete whores who'll fuck anything that moves. Your goal is to get in that pussy, bust a nut and then get back to work. Nofap can be used if you have desensitized your dick but don't think it's some kind discipline that will allow you to become a better person in the eyes of women.

