

# 33 Reasons to Stop Masturbating

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*Note from John Williams:*

*This article was originally from <http://www.majorleaguedating.com>. His science basically concurs with my research, though I don't endorse all of his secondary views about sex and manhood.*

By Marc Summers

Masturbation has been a highly debated issue in the past and STILL IS – *is masturbating good for you or not?*

*Is it healthy or unhealthy? Is it something to be ashamed of or proud of?*

From what I've found, most doctors recommend masturbating on a daily basis for stress relief, relaxation, to remain sexually healthy, and to keep a healthy prostate – and the majority of us follow the doctor's orders.

BUT over the last few years, I've started thinking AND noticing that MAYBE SOMETHING IS BEING MISSED OR OVERLOOKED about masturbation and its effects on us as men in general.

I'll be honest, I discovered porn when I was 12 and struggled with a masturbation habit as a result. So if you're struggling with it too, I know where you're at because I've been there.

About 2 or 3 years ago, I all of a sudden started feeling guilty about masturbating.

Something about it just didn't sit right with me anymore...

So I stopped to see what would happen and noticed that, overall, it made me feel much better than how I was used to feeling.

I started getting better results with the women in my life and I felt more clear, energized, and alive.

Me being a naturally curious guy, I wanted to find out exactly why this was and how it worked.

*I also wanted to see if the way I was feeling was real – or just a Placebo effect.*

So I did as much research as I could and started experimenting with masturbating and then not masturbating for periods of time to see if the most commonly held beliefs about masturbation are indeed true.

There's one thing that I do agree with doctors on – it keeps your prostate "milked" and from getting all clogged up.

So if you don't have a wife, girlfriend, or someone that you sleep with regularly, then masturbating at least once a week should keep you "cleaned out".

Other than that, if you're getting laid, you have no real reason to masturbate all the time other than self-pleasure.

Let's Make Sure We're Clear – I AM NOT A DOCTOR or physician of any kind.

But I don't believe I'm total idiot either. I was blessed with a ton of common sense.

So after over a year of researching and experimenting, some of the *hypothetical* and *theoretical* things I've read and learned about this "harmless" daily habit that most of us are addicted to are nothing short of startling.

Once again, this is the stuff that I found and that I believe to be along the lines of truth. Some of my terminology and other stuff I say may not be 100% accurate, but I believe I'm on the right track with it.

What I'm about to share with you has CHANGED MY LIFE and has been a huge GAME CHANGER for me.

And just so you know, this article, and the stuff in it that you may find shocking, hasn't even began to scratch the surface of what many others are discovering about masturbation and why you shouldn't overdo it.

Some are even hypothesizing that this habit may possibly cause permanent damage to parts of your brain! No joke dude. [Here's a little piece of it](#). It was supposedly written by a Doctor.

Think about this...

*Is it a coincidence that professional athletes all over the world are advised to stay away from sex and masturbation before an event or game that requires their best performance?*

*Is it a coincidence that men who practiced abstinence for months at a time reported feeling more alert, clear headed, and on top of their game?*

I don't know... there might be something to it.

Check out Henry Fry's article about it: [6 Ways I Discovered A Whole New World After Abstaining From Porn And Masturbation](#)

***[So What Are The Benefits of Constant Masturbation Besides It Feeling Awesome?](#)***

[This Men's Health Article](#) says it prevents cancer, it makes you harder, it helps you last longer, it helps your immune system, and it boosts your mood.

Ok, great... BUT from my own experience, I've noticed almost the exact opposite.

I believe that when we masturbate, we're taking a shortcut to get a sexual release without going through the trouble of finding a woman to help us with it! That's always cool.

Second, we can ejaculate or cum as fast as we want to and there's not going to be some angry disappointed woman lying next to us when we're done! That's cool as well.

Last, it keeps your prostate from getting all clogged up if you're not regularly getting laid – something that I learned the hard way.

But not all doctors agree masturbation prevents prostate cancer. *(More on that in #31)*

That's where I believe the benefits of masturbation come to an end...

Through my experiments and research, I discovered that it's possible for excessive masturbation to have MANY negative side effects on our brain, body, and behavior that affect our results NOT ONLY with women and dating, but with everything else we do in our day to day life.

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## **1. Too Much Masturbation Affects Your Brain Differently than Having Actual Sex**

Having sex with a woman supposedly affects your brain in a different way than when you're alone and masturbating.

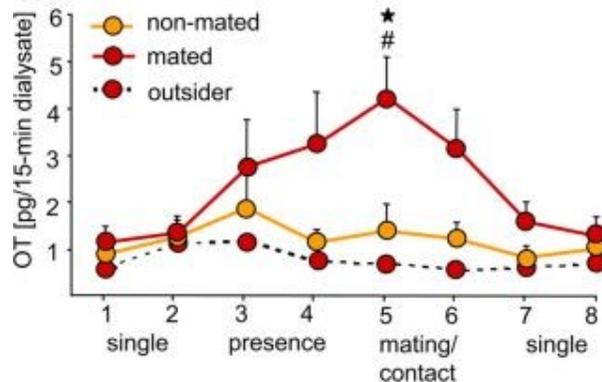
Here's what I've found out about this and how I understand it:

[Oxytocin](#) is commonly called the "love hormone" or "cuddle hormone" and plays an important part in intimacy between two people.

*“Oxytocin is thought to be released during bonding – hugging, touching, and orgasm in both sexes. In the brain, oxytocin is involved in social recognition and bonding, and may be involved in the formation of trust between people and generosity.”– [PsycheCentral](#)*

According to this study, Oxytocin is released into your brain 4 times as much when you’re having sex than when you’re masturbating:

*“Researchers once assumed that [biomarkers](#) are no different during solo sex than they are during intercourse—but this is untrue. Doctors Stuart Brody and and Tillman Krüger found that orgasm during intercourse releases four times more Prolactin than masturbation. Since Oxytocin appears to trigger the release of Prolactin, it’s quite possible that Oxytocin released by intimacy accounts for the higher Prolactin levels during intercourse.”*



SOURCES:

[The post-orgasmic Prolactin increase following intercourse is greater than following masturbation and suggests greater satiety.](#)

[Will Orgasms Keep You In Love?](#)

Now [Prolactin](#) was once thought to only be found in females to trigger breast milk production and all that, but not only is it found in males, it is essential to their sexual health.

ALSO, *“the hormone Prolactin makes us feel satiated by countering the effect of Dopamine, which is released during sexual arousal.”*

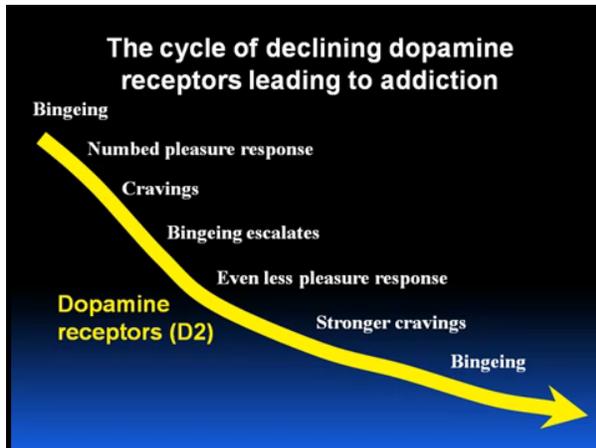
SOURCES:

[Men’s Sexual Problems Linked to Low Prolactin Levels](#)

[Orgasms Best in Sex vs. Masturbation](#)

Remember that Dopamine is really important because we are going jump into Dopamine and it’s effects in # 2.

Now what I get from this is that masturbation actually does affect your brain differently than having sex.



Brain scans have been conducted on those with porn and masturbation addictions and the [reward centres](#) of the brain are actually changed.

*"Until recently, scientists believed our brains were fixed, their circuits formed and finalised in childhood, or "hardwired". Now we know the brain is "neuroplastic", and not only can it change, but that it works by changing its structure in response to repeated mental experience."*

SOURCE:

[Brain scans of porn addicts: what's wrong with this picture?](#)

The idea behind [Neuroplasticity](#) is that we have neuro pathways in our brain that are literally carved or formed in our brain through repeated behavior and when the behavior stops for a long enough period of time, the pathway seems to diminish or vanish.



We are even discovering that the brain seems to light up the same way in response to masturbation as it does with drugs.

Dr. [Marty Klein](#) explains:

*"...when so-called sex addicts are involved in sex (for example, when watching pornography), the part of their brain that lights up (the mesolimbic pathway) is the same part that lights up when a heroin addict has injected heroin."*

They discovered that when someone is doing drugs or addicted to drugs, almost the exact same parts of their brain are being affected as someone who's masturbating!

Let's see what other effects too much masturbation can potentially have on us.

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## 2. Too Much Masturbation (and Porn) Messes up the Dopamine Levels in Your Brain and Can Lead to Addiction

[Dopamine](#) is a neurotransmitter (a chemical released by nerve cells to send signals to other nerve cells) and it plays a huge role in the part of our brain that is responsible for REWARD-MOTIVATED behavior.

Masturbation is a form of a reward-motivated behavior because we get rewarded at the end.

Doing drugs, gambling, eating, having sex, and seeking approval are examples of other reward-motivated behaviors that cause dopamine to flood your brain.

When we do these things, Dopamine floods our brain and makes us feel REALLY GOOD.

Especially Masturbation. It's like giving our brain a giant piece of candy!

THIS IS WHY MANY OF US BECOME ADDICTED TO MASTURBATION because just like drugs, the more the more we masturbate, the more our brain becomes "used to" and desensitized to the effects of Dopamine and the more we need or crave just to "get off" and keep that amazing feeling coming back!

Making sense?

*"Dopamine is the "go get it" neurochemical essential for libido, risk-taking, motivation, focus, and anticipation and cheerfulness. In other words, a decline in dopamine signaling is associated with all of these: Diminished libido, which is a possible cause of sluggish erections, Decreased risk-taking and increased anxiety, combined with a tendency toward angry overreaction, any of which can decrease willingness to socialize, Inability to focus, which can account for concentration and memory problems, and Lack of motivation and healthy anticipation, which can lead to apathy, procrastination, and even play a role in depression. Or to state it all more positively: When dopamine and related neurochemicals are properly regulated, sexual attraction, socializing, concentration and feelings of well-being are more effortless. We suspect that a return to normal dopamine signaling helps explain why many guys report the same improvements as they unhook from excessive consumption of Internet porn."*

SOURCE:

[Porn, Masturbation and Mojo: A Neuroscience Perspective](#)

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### **3. Masturbating Too Much or Excessively Kills Your Dopamine Receptors**

Since addictive behavior and too much of anything OVERSTIMULATES our brain and desensitizes our brain to the effects of Dopamine, it leads to something called “downregulation” of the Dopamine Receptors.

Dopamine Receptors are the “feelers” in our brain when Dopamine is released. They “detect” the Dopamine that makes us feel really good.

Over stimulation, or masturbating too much, causes these “feelers” to be overworked and not do their job as good as they used to. They become “numb” and less sensitive and receptive to Dopamine. Also known as “Desensitization”.

That’s why I believe if we used to “get off” to seeing simple stuff like boobs bouncing up and down on porn while we masturbated, that probably no longer does the trick or satisfies us.

NOW we’re searching for stuff on the internet that is dirtier, nastier, and crazier than we’ve ever seen because we need something more intense just so our Dopamine Receptors can “detect” or “sense” Dopamine in our brain and make us feel good!

And women have even told me about straight guys that actually watch GAY PORN because it’s the only thing that gets them off!

Once we become “desensitized”, only our addictive behavior gets us off or “hits the spot”.

And it only gets worse...

When we keep masturbating and pounding these Dopamine receptors over and over to try to get them to have life and feel something, they start dying off.

Yes we end up killing them!

The more we kill, the crazier and more addictive our behavior can get!

Some guys have to [masturbate 10 – 20 times a day just to feel “satisfied”](#) because they’re SO ADDICTED.

SOURCES:

[Overstimulation and Desensitization — How Civilization Affects Your Brain](#)

[Desensitization: A Numbed Pleasure Response](#)

[Dopamine Is \\_\\_\\_\\_\\_](#)

[Understanding Addiction](#)

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## 4. Excessive Masturbating Kills Your Interest In Everyday Normal Stuff

Not only do we kill our Dopamine Receptors and have the need to masturbate like a crazy person, but we can lose interest in having sex with women.



Some guys are so addicted to masturbation that they no longer have interest in having sex with their girlfriend or wife.

Like this guy, this wife that is concerned about her husband, or this wife.

True story!

Believe it or not, a Playboy Bunny named Izabella St James said that Hugh Hefner would watch porn and masturbate to get

off AFTER having sex with multiple "Playboy Model" girls.

He's living every man's dream come true – and this dude watches porn and whacks it to get off... something's wrong in my opinion.

*"In her book, Bunny Tales: Behind Closed Doors at the Playboy Mansion, Izabella St James, who was one of Hugh Hefner's former "official girlfriends", described sex with Hef. Hef, in his late 70s, would have sex twice a week, sometimes with four or more of his girlfriends at once, St James among them. He had novelty, variety, multiplicity and women willing to do what he pleased. At the end of the happy orgy, wrote St James, came "the grand finale: he masturbated while watching porn"."*

SOURCE:

[Brain scans of porn addicts: what's wrong with this picture?](#)

Since masturbation is the ONLY THING that gets them off, they'd rather sit and masturbate to images and videos of women than to have sex with an actual woman!

A lot of marriages have ended in divorce because of this very reason.

We can also lose interest in things like academic success, achieving things in life, and reaching our goals.

This is where too much masturbation can become a huge problem because it can consume us and actually interfere with our life and keeps us from doing the things we really want to do.

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## 5. You Can Be Left Feeling “All Used Up” and Unproductive



Have you ever had a really good day and been really energetic but then you masturbated and felt like a worthless piece of shit for the rest of the day?

Why does this happen?

Since our brain theoretically only creates so much Dopamine, if we use it all up on excessive masturbating to fulfill our brain's craving and need for pleasure and

satisfaction, it can leave us feeling “all used up” and feeling worthless.

[Dr. N.K. Lin](#), and expert in sexual health and therapy says:

*“Since dopamine is the precursor to the stress hormone epinephrine (adrenaline), excess dopamine results in the adrenal glands overproducing epinephrine and putting the body in a prolonged state of fight-or-flight stress. At the same time, norepinephrine is synthesized from dopamine and released from the adrenal medulla into the blood as a hormone, along with the stress hormone cortisol. Epinephrine, norepinephrine and cortisol fuel the fight-or-flight response, directly increasing heart rate, triggering the release of glucose from energy stores, and increasing blood flow to skeletal muscle. All of this has a severely taxing effect on the body.”*

This taxing effect on our body can make us feel unmotivated, tired, depressed, and full of anxiety.

Our brain goes through a lot during periods of excessive masturbation and when it's all over, we feel drained.

We're left not wanting to do anything productive and many of us just want to sleep all day.

I've had too many days like that! I'm sure you have too.

It doesn't make you feel like a real winner in any way whatsoever.

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## 6. Excessive Masturbation Can Make You Feel Like A Loser

A few minutes after we ejaculate, we're sitting there wondering why we feel like a loser for what we just did.

We're wondering what our family, friends, co-workers, and even complete strangers would think of us if they knew we looked at porn and masturbated alot.

We're wondering how embarrassed we would be if someone CAUGHT US in the act! (My older brother caught me when I was like 14 and I felt the deepest embarrassment I've ever felt in my life.)

Masturbation can make you feel like a loser because you're watching OTHER GUYS do what you wish you were doing with the women you WISH you were doing it with!



At least that's what I think.

BUT YOU'RE NOT THAT GUY in the pictures or video with that beautiful woman...

Instead, you're a guy holding a phone, magazine, or sitting in front of a computer screen pumping on your penis like you're a freakin' monkey who doesn't know any better.

Don't be this guy...

Does that make you feel awesome? It shouldn't.

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## 7. Chronic Masturbation and Porn Viewing Can Be Seen As Perverted and Twisted

This is how I personally think...

Theoretically – when you watch porn, you're watching two or more people THAT YOU DON'T KNOW in an intimate and private moment. Think about IF YOU DID know them... would that be weird or creepy?

Would it be weird if you were a creepy stalker sitting outside a strange couple's window watching them have sex?

Seriously, when it comes down to it, is there much of a difference other than you're actually not sitting outside of someone's window?

You're watching an act that most humans consider extremely private, and pleasuring yourself to it happening.

I know this doesn't cross your mind when masturbating and viewing porn, but that's maybe because you've never thought about it before.

But you may see it differently than I do and I'm not gonna knock you for it.

*Would you feel weird if some guy was watching you have sex with a girl and he had his pants down, grunting, moaning, was and jerking his dick off while he watched?*

I bet you'd get pissed and feel disgusted by it!

YES you can argue that people willingly do it on camera knowing that other people are going to watch it and masturbate to it. But why be that creepy guy watching another dude bang a chick?

Seriously.

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## 8. Excessive Masturbation Can Create Strong Feelings of Guilt or Shame

On a primal level, 99.9% of us KNOW that masturbation is something we wouldn't do in front of other people for fear of them thinking we're a [loser](#), or a weird pervert.



For those of us who are out of control with our masturbation habit, it's always in the back of our mind everywhere we go. We wonder if others know, if they've caught on to us, if our family or even our kids have an idea that we do it so often.

It's like being locked in a jail cell of guilt and paranoia that follows us around.

Carrying this around in the back of your mind just creates unnecessary stress that you don't need. You have enough shit to worry about in your day to day life besides being unable to control your masturbation habit.

Here's what one guy had to say about it.

*"I'm not sure how to say this so I'll just say it. I masturbate at least twice a day. Whenever I finish, I feel a profound sense of shame about it and I feel terrible for like an hour. Sometimes the shame even ruins my day. Everything I've read says masturbation is normal for guys, yet I can't get past these feelings of shame and self-hatred. I feel like I should be able to exercise more willpower and stop myself when I feel the urge, but the truth is I like it and I don't want to stop. And I'm not hurting anybody (except myself, I guess), so why should I? Do I have a problem? Why do I feel so bad about doing something that is supposedly normal? I'm not in a relationship, if that matters at all."*

SOURCE:

## [Why Do I Feel Intense Shame and Self-Hatred When I Masturbate?](#)

He's not the only one. This feeling is becoming more and more common among thousands of men.

### **9. Out of Control Masturbating Can Kill Your Interest In Being Social**

If we lose interest in being social and making friends, I believe it's a BIG PROBLEM.

When we meet, attract, and date women, or simply interact with people we really like, our brain releases Dopamine and we feel a sense of pleasure and reward from it.

If we unintentionally desensitize our brain and Dopamine Receptors to the effects of Dopamine by masturbating too much, then we might find being social, making friends, having conversations, and meeting women to be boring, uninteresting, unrewarding, and we'll just end up staying at home all day... masturbating.

Before we know it, we let the opportunity to have a great dating life pass us by because we simply couldn't control ourselves or our habits.

From personal experience, when I stopped masturbating, I turned into Mr. Social. I would make an attempt to talk to every beautiful woman I saw, make them laugh, get their numbers, go out on dates, etc. I would see her, and the next thing I know my mouth is moving, [she's smiling](#), interacting with me, and I'm thinking, "Wow, this is kind of awesome! I didn't even think about approaching and talking to her. I just did it. Where did that come from?"

When I had periods of chronic masturbation, THIS NEVER HAPPENED FOR ME. I'd see a beautiful woman and either get scared or simply have no interest at the moment in talking to her.

## 10. You Experience Less Satisfaction from the Small Things in Life

Believe it or not, your brain releases dopamine throughout your entire day.

Riding a roller coaster, skydiving, going out and having fun, playing sports, or doing anything enjoyable causes your brain to release Dopamine so you can enjoy those activities.

They make you feel good.

If your Dopamine receptors are weakened or dead and can't detect normal levels of Dopamine, you're not going to find as much fulfillment in doing ordinary things that make people happy.

You'll just find them dull, boring, unrewarding, and be left wondering when you can masturbate again.

This is what I've noticed from personal experience.



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## 11. TESTOSTERONE Levels Can Decrease When You Masturbate Too Much

*What do we need Testosterone for? Is it important?*

You bet your sweet ass it is...

To begin with, [Testosterone](#) is a vital steroid hormone THAT WE ABSOLUTELY NEED as men.

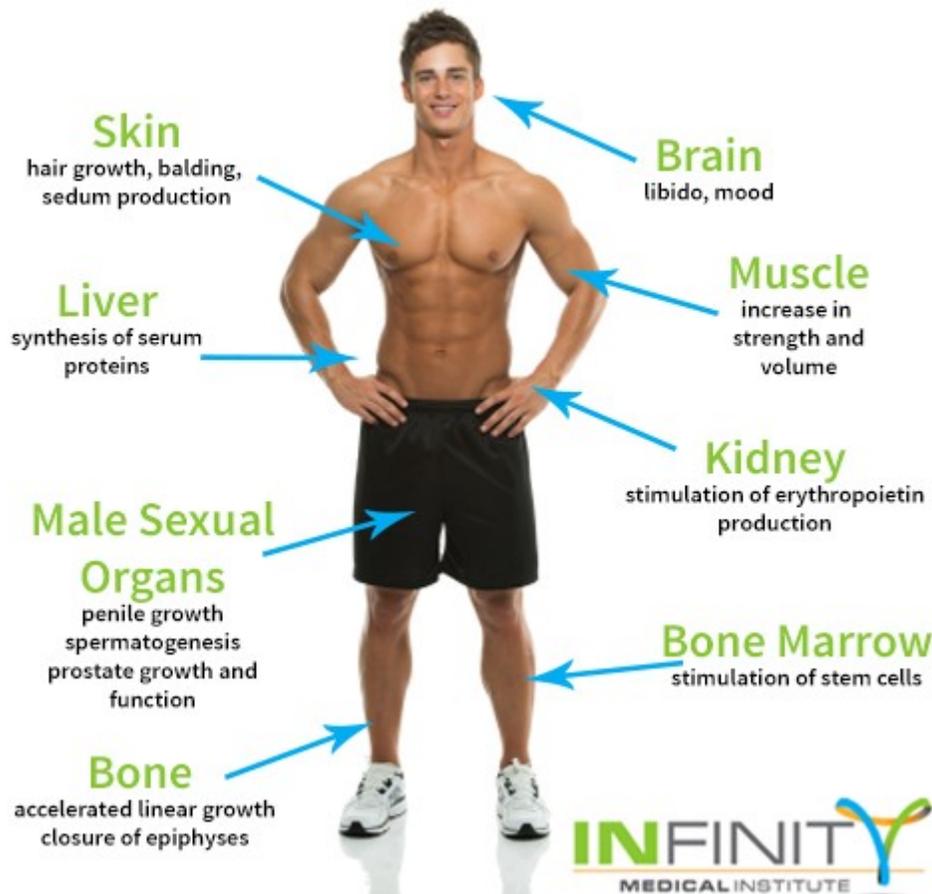
*"In men, testosterone plays a key role in the development of male reproductive tissues such as the testis and prostate as well as promoting secondary sexual characteristics such as increased muscle, bone mass, and the growth of body hair. In addition,*

*testosterone is essential for health and well-being[2] as well as the prevention of osteoporosis."*

Not only does it play a MAJOR ROLE IN OUR HEALTH but it's very important in sexual functioning.

Now you can argue that Testosterone levels can also be affected by sexual intercourse and not just masturbation, right?

## TARGET ORGANS OF TESTOSTERONE



According to some of the stuff I've found, not exactly...

Our brain is astoundingly complex and studies show that our brain reacts DIFFERENTLY to having actual sex than it does masturbation.

Studies also show that men who have tons of sex aren't left feeling drained, tired, and worthless over the next few days and that their Testosterone levels increase following sexual

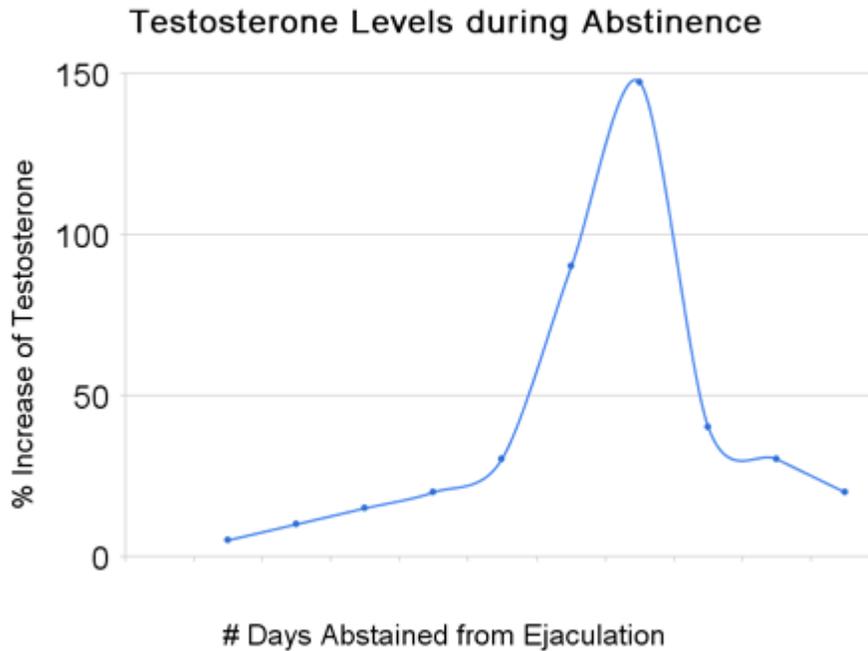
intercourse with women.

*"There are many reasons, but chief among them is undoubtedly the fact that researchers have uncovered the fact that sex is actually an excellent way to boost testosterone. That's right – it's time to party! For example, one 1992 study examined four couples on days that they did and didn't have sexual activity. As you can probably guess, they found that testosterone levels increased on nights after sexual activity and did not on nights where there was no intercourse."*

SOURCES:

[Wikipedia "Testosterone"](#)

## [Sex and Testosterone](#)



*"In 2003, a Case Study was done on the effects on males in abstaining from masturbation and testosterone levels. In a nutshell, the study found that testosterone levels increased gradually between days 1 through 5 when abstaining from ejaculation. But, and this is the big 'BUT', on days six and*

*seven, the testosterone levels saw a HUGE spike (up to 147% increase in body testosterone levels). After day 7, the testosterone levels returned to normal." – From the Real Natural Men Blog*

SOURCE:

[A research on the relationship between ejaculation and serum testosterone level in men.](#)

What We Need [Testosterone](#) For

- Energy
- Memory
- Concentration
- Self-Esteem
- Self-Control
- Lean Muscle Tissue
- Strength
- Physical stamina
- Depth and bass in our voice
- Composure
- Masculine behavior
- Dominant behavior
- Red blood cell production
- Bone density and strength by producing blood cells in bone marrow and bone formation

- Protein necessary for NORMAL SEXUAL BEHAVIOR – a healthy sex drive
- Producing hard erections
- A healthy metabolism – burning fat
- Liver Function
- Prostate Health

SOURCE:

[Bigger, Faster, Stronger? 5 Benefits of Testosterone](#)

[Testosterone Week: The Benefits of Optimal Testosterone](#)

[7 Crazy Things Testosterone Does in Your Body](#)

Testosterone seems to be pretty important stuff and we lower our levels of this powerful chemical that IS NECESSARY FOR OUR HEALTH every time we masturbate

way too much.

Let that sink in...

[This article](#) even talks about how high levels of Testosterone increase your sense of pride and boost your self-image.

### What Happens When Our Testosterone Levels Drop?

- Fatigue
- Depression
- Poor memory
- Poor concentration
- More anxiety
- Poor self-control
- Poor composure
- Poor self-esteem
- Less masculine behavior
- Less dominant behavior
- Less interest in sex

# SIGNS OF LOW TESTOSTERONE

- MOOD CHANGES**
- NO MOTIVATION**
- INCREASED EMOTIONALITY**
- HAIR LOSS**
- FATIGUE**
- LACK OF ENERGY**
- CARDIOVASCULAR DISEASE**
- LOSS OF MUSCLE MASS**
- INCREASE IN BODY FAT**
- DECREASE IN BONE MASS**
- MAN BOOBS**
- LOW SEMEN VOLUME**
- LOW SEX DRIVE**
- TESTICULAR SHRINKAGE**
- GENITAL NUMBNESS**
- DIFFICULTY ACHIEVING ERECTION**

Anabolic Men | AnabolicMen.com

- Erectile Dysfunction
- We can't get our erection as hard
- Premature ejaculation
- Low semen count
- Hair loss, thinning
- Eye floaters
- Lower back pain
- Bone weakness, bone loss
- Less lean muscle mass
- More body fat



SOURCES:

[Side Effects of Low Testosterone](#)

[Testosterone therapy: Potential benefits and risks as you age](#)

[9 Warning Signs of Low Testosterone](#)

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## 12. Obsessive Masturbation May Cause You to Act More Immature

Guys who are seen as immature report experiencing more anxiety, less self-esteem, impatience, less self-control, poor concentration, poor composure, etc. than other and more mature guys.

Well as you just learned, this can be a side effect of having low Testosterone Levels.

Personally, my maturity level skyrocketed when I chose to get my masturbation habit under control.

I now feel that I make better decisions, I have more self-control, patience, higher self-esteem, better composure, concentration, I can sit still for longer, and I'm more focused than I can ever remember being.

I now walk around as a more mature man and wonder, "Why in the hell did I used to carry myself in such an immature manner?"

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### 13. Too Much Masturbation Can Cause You To Become Less Masculine and Dominant



In my eBook [How to Quit Being a Loser With Women – and Become the Man Women Instantly Want](#), I talk about how in theory, thousands of years ago before we lived in the modern and contemporary society that we currently enjoy, we more than likely lived in smaller tribes and groups and it was probably VERY CLEAR as to which men were preferred by the highest quality women.

The masculine, dominant, leaders of the group more than likely ALWAYS had their pick of ANY WOMAN THEY WANTED. The less dominant, less masculine, followers were left to take the left over women that nobody wanted.

Notice any similarities today among our social circles at school, college, among groups of friends, and in the workplace?

Testosterone plays a big part in the idea of masculinity.

Masculine men are more aggressive, dominant, and tend not to take shit off anyone.

Women are magnetically attracted to more masculine men who naturally display these behaviors.

*“it is positively correlated with aggression, mating, sexuality, and challenge (via masculinity),”*

SOURCES:

[8 Male Behaviors She Secretly Loves](#)

[Beyond masculinity: Testosterone, gender/sex, and human social behavior in a comparative context](#)

[Decline of Masculinity – Male Hormones](#)

[Increase Your Masculinity and Testosterone with these easy Steps](#)

When we constantly masturbate and destroy our Testosterone levels, it's my belief that we're left being the shell of a man – a weak, tentative, easily scared, insecure, nice, sweet, submissive, non-masculine man.

This changes when you decide to stop excessively masturbating.

Within my first week of quitting, I felt more masculine, aggressive, and I cared less.

I felt bigger, taller, and more dominant.

Other men seemed to have more respect for my personal space and women stared at me in a way that I had never seen before.

They responded to me in a more positive way that I wasn't used to.

I wasn't as scared of conflict or confrontation either, and in a weird way, I felt more prepared for it.

It was a part of me I didn't know existed.

Now I'm not condoning violence or conflict, but I believe a masculine man shouldn't run away from it. I believe it's an animalistic trait that we're all born with as men, but we're just not tapping into it because we're not allowing ourselves to be the most masculine man that we can possibly be.

We're over masturbating away our potential.

Look at ["The Rock" Dwayne Johnson](#), [Jason Statham](#), [Marlon Brando](#), [Liam Neeson](#), [Clive Owen](#), [Vin Diesel](#), [Ryan Reynolds](#), [Brad Pitt](#), [Denzel Washington](#), [George Clooney](#), [Gerard Butler](#), [Robert Downey Jr](#), [Chris Hemsworth](#), [Mark Wahlberg](#), etc.

*Do you honestly think these guys sit at home and masturbate all day?*

*Do you think they lock their door and quietly look at porn for hours?*

I highly doubt they do.

These guys are masculine and have women chasing them than we can ever imagine.

Even if they weren't famous, they wouldn't have a problem getting women.

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## **14. Masturbating Too Often Can Cause a Ton of Anxiety**

I found this out because I was used to always having a high level of anxiety.

But I could never figure out WHY.

When I stopped jerking it so much, the anxiety I constantly felt and thought was normal, seemed to vanish!

I suddenly didn't care as what others thought

Pleasing people was less of a priority

I no longer cared about everyone liking me

I no longer cared about what people were saying about me

It just WENT AWAY.

That was the biggest relief of all.

From what I've concluded from reading the above studies, Testosterone plays a huge part in your mental health I was experiencing a ton of anxiety because I was masturbating too much.

The funny thing is that people smoke cigarettes because they want to relieve stress but all the cigarettes do is make that person even MORE stressed out!

Well I would "do the deed" because I felt it would relieve my anxiety when all it was doing was making it worse or multiplying it.

*"If and when a compulsive masturbator does seek help, he or she is unlikely to do so for his/her sexual acting out. Instead, that individual is far more likely to report anxiety, depression, feelings of loneliness and isolation, and the inability (or lack of desire) to form intimate relationships with other people."*

SOURCE:

[Compulsive Masturbation: The Secret Sexual Disorder By Robert Weiss LCSW](#)

Famous Psychologist Phillip Zimbardo talks about the "Demise of Guys" and how it's causing anxiety disorders and other things as well:

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## 15. Masturbating Too Often Can Cause Depression

Since you can kill or tire out your Dopamine Receptors from masturbation, you wind up feeling depressed because theoretically speaking, nothing makes you feel good or happy except for – masturbating.

Nothing releases Dopamine and makes you feel pleasure and excitement the way masturbating does.

You end up not enjoying and getting satisfaction out of the normal things that everyone else does because you're suffering from a chemical deficiency or imbalance.



But when you stop masturbating way too much, your Dopamine Receptors come back to life, your Dopamine levels go back to normal, and your depression will go away.

You start finding more fulfillment out of the smallest things.

That's the way IT SHOULD BE.

Remember, this stuff is what I personally have experienced and if you do a web search, you'll find MANY forums where men are reporting depression as a result of too much masturbation.

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## 16. Excessive Masturbating Can Cause More Nervousness and Shyness

In my opinion, having a ton of anxiety going on in the back of your head, on top of the possible guilt, depression, and submissiveness, makes it more likely to get shy and nervous around women.

From my personal experience, I would have to force myself to talk to women on a regular basis. But there was always still a hint of nervousness and shyness underneath the surface that never sat well with me.



I would still power through it though.

But when I gave up masturbation on a daily basis, the nervousness and shyness diminished significantly.

Now I talk to women who are complete strangers and I feel like I've known them for years.

No nervousness.

No shyness.

No caring about what the woman is thinking of me.

No [trying to please her](#) or get her approval.

All of it... GONE.

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## 17. It's Harder to Be in Real Control of Your Emotions When You Constantly Masturbate

Controlling your emotions is extremely crucial when it comes to women and dating.

If you don't control them, women will see you as a [wuss, crybaby, pansy](#), and a pussy who has too many "feelings".

None of us wish it was actually like this but this is the way most women unconsciously respond to men who aren't in control of their emotions.

When emotions come up, a vital skill that we all NEED as men is the ability to control them and make sure they don't get out of control or drive us insane.

Not only is this good for our own mental health, but it's good for our image and reputation as a man who doesn't let petty things get to him.

It's my belief that too much masturbation kills your ability to control your emotions when they come up because your mind is crowded with anxiety, depression, tentativeness, and all kinds of other stuff that are side effects of excessive masturbation.

When you stop or cut back, you'll notice, as I did, is that your emotions won't run your life as much and cause you to feel all "messed up" in the head.

TIP:

### [What Is Emotional Intelligence?](#)

You'll feel them come up and instead of instantly reacting to them like you normally do, you'll just tell yourself, "Yea I know they're there but I'm not going to act like an idiot and let them get to me."

Story time!

I have this ex-girlfriend that I was with for a lot of years. Drop dead beautiful girl. But she always had a way of getting under my skin, getting me emotionally off balance, and causing me to lose it (which is part of the reason we didn't last lol). Well when I stopped masturbating so much, I started hanging out with her again. One day while I was visiting her from out of town, she got upset and said something pretty fuc#ked up to me. BUT THIS TIME WAS DIFFERENT Instead of feeling sorry for myself, letting it get to me, allowing myself to get all emotional and butt hurt, telling her what was on my mind, and so on, NOTHING happened. I played it cool, gave her a disappointed look, said nothing, and just left. About 30 minutes later, she texted me and gave me a full apology. Something she had NEVER DONE BEFORE! Yea, it felt good that I didn't lose

my cool. I felt like the man. I knew it was because I had stopped cut back on masturbating and had I still been stuck in that habit, I believe things would have happened MUCH differently.

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## 18. You're Less Physically Composed When You Masturbate Too Often

It's hard to carry yourself well when you're full of anxiety, feeling nervous, shy, and depressed. In order to be well composed, it's necessary to get this stuff handled.

I thoroughly believe that "Your body mirrors what is happening inside of your mind."

You can't hide it.

You can't fake it for long.

Women will see it when you're talking to them. They'll know something is "off" about you.

If you're anxious, nervous, shy, or not feeling right, your body language will definitely give it away.

That's why it's a known fact that you can reverse what's happening in your head – changing your body language can alter what's happening in your mind.

Want to "feel" more [confident](#)? Carry yourself and change your body language to display confidence and you'll start feeling more confident.

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## 19. Too Much Masturbation Can Destroy Your Confidence

If you're lacking confidence, no one is going to respond to you in the manner you want.

One of the main things women want in a man is confidence. You're not confident, you're eliminating your chances of succeeding by 99%!

Why does [masturbating destroy confidence](#)?

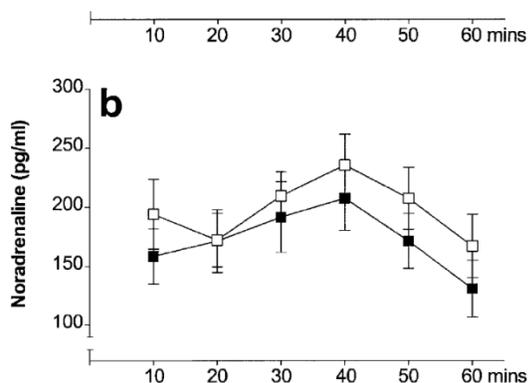
As you can guess by now, it just might be because too much masturbating can cause you to have less interest in being social, be full of anxiety, feeling nervous, shy, uncomposed, and out of control of your emotions.

It's hard to be truly confident with all of that stuff happening in your head!

It's hard to be confident when your [dopamine levels are jacked up and destroyed](#)!

Been struggling with confidence? It just might be because you struggle with playing with yourself too much.

## 20. Over Masturbating Can Leave You Foggy Headed and Unable To Focus



A study conducted in 2001 shows that within 60 minutes of masturbating, levels of Noradrenaline – also called Norepinephrine were shown to have DECREASED.

Why is this important?

Because if you read about Norepinephrine, it says that it is:

*“It is the hormone and neurotransmitter most responsible for vigilant concentration.”*

Not somewhat responsible. Most responsible.

SOURCE:

[Norepinephrine / Noradrenaline](#)

The levels of the hormone responsible for helping you concentrate and focus DROPS.

ALSO, I believe that your Dopamine Receptors have to recover from being over-stimulated on a regular basis and that if you're continually lowering your Testosterone levels by excessive masturbating, that they need to time to recover too.

Studies show that it can take up to 2 weeks to fully recover from a masturbation “hangover”. This according to a study in lab rats.

*“Scientists do a lot of experiments on male rats in their quest to understand more about human-male sexuality. One of the most prolific research teams is in Mexico City. Last year they published an intriguing study revealing that after a rat satiates himself sexually (which is how rats normally mate, and requires an average of 2.5 hours and up to 7 ejaculations), he exhibits an initial cycle of measurable effects.*

*This natural cycle, which is apparently the first part of an even longer cycle, lasts 96 hours. During this time the rat's sexual motivation (libido) is nil-to-sluggish, and he is hyper-reactive to a variety of drugs. After these four days, he's able to copulate more than once, but it will take him 15 days to return to maximum studliness.”*

SOURCES:

[Men: Does Frequent Ejaculation Cause A Hangover?](#)

[Recovery from sexual exhaustion-induced copulatory inhibition and drug hypersensitivity follow a same time course: two expressions of a same process?](#)

But from personal experience, after a day or two of not masturbating, I feel much better.

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## **21. You're Left Feeling Unmotivated and Unproductive**

Being a busy person, I have a ton of stuff I need to get done on a day to day basis.

When I was masturbating more than what I probably should have, I would rarely get as much done as I really wanted to.

When I stopped masturbating so much, my productivity and motivation skyrocketed.

The tasks that seemed daunting became easier and less of a burden.

When I would slip up and get back into a masturbation habit, it would take days for me to get back on track.

I would go to my office, try to get things done, but the motivation just wasn't there. I'd sit there for a few minutes, have no interest in doing what needed to be done, and just say, "Fuc# It! I can't do this right now."

Then I was left feeling guilty and pissed off at myself for allowing my work to get behind!

Simple things I had to get done around the house like washing dishes, clothes, buying groceries, and washing my car got neglected or put on the back burner.

When I focused on abstaining from masturbation for a while, it ALL GOT DONE and I didn't even have to think twice about it.

So if you want to be more productive, in my opinion, get your hand off your ding-a-ling, put down the porn, and get things done.

LEARN MORE:

[Sex, Productivity and Motivation Part 06: Pornography](#)

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## 22. Masturbating Too Much Can Lead to Low Self-Esteem and Poor Self-Image

If you're depressed, not feeling confident, not in control of your emotions, full of anxiety, and feeling guilty and perverted about masturbation, your self-esteem and self-image is going to leave a lot to be desired.

OTHER RESOURCES:

[Why masturbation lowers your self-esteem and causes depression](#)

[Giving up masturbation = huge amount of confidence & energy](#)

[MASTURBATION AND ITS EFFECTS by Dr. Lawrence Wilson](#)

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## 23. Too Much Masturbation Can Ruin Your Perspective Of Women

From personal experience, after looking at so much [porn](#), I believe reality begins to shift about how women REALLY ARE.

- Your reality gets distorted and you begin to live in some fantasy world.
- You see women doing nasty and dirty things on porn and you assume they're all like that.
- You assume that just like porn, all women ONLY LIKE GUYS with big dicks and that they'll laugh at your small wiener.
- You start looking at women as nothing but sex objects who don't have any other purpose in this world other than sucking your dick or fuc#ing you.
- You're unable to see them as HUMAN BEINGS who have brains and are actually really cool to just hang out with.

Also, if you don't have kids now, you will one day.

That girl you're watching take a fist in the asshole or the girl that has 100 guys cumming on her face, that could be your daughter.

Imagine that being YOUR DAUGHTER and some perverted dude is sitting behind a computer jacking off to her.

Does that change your perspective a little?

It should.

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## 24. Excessive Masturbating Makes You Obsess Over Sex

When you talk to a woman, you mentally undress her, wonder what her pussy and tits look like, wonder what dirty things she's done or does, wonder how many guys she's been with, and wonder what she's like in bed and what she'd look like giving you a blowjob.

In my opinion, it's normal to think about sex. Nothing wrong with that.

BUT it isn't normal to think about sex in such fine detail all day long.

It's difficult walking around with "hardcore sex on the brain" 24/7.

It inhibits your ability to think and function like a normal person. It destroys your ability to have a normal conversation with a girl you like without getting nervous, shy, anxious, or weird about it!

While you're talking to her, in the back of your mind you're only thinking about how you can get her in bed or what it would be like.

You're not actually listening either. You're just thinking about how hot she is and not much else.

Once again, this shouldn't be normal.

I'm telling you man, when I stopped jerking off all the time, all the "sexual distractions" in the back of my mind seemed to quiet down.

What else happened?

Women started having sex with me more!

Shocker?

Well when you start treating women like actual people and not like a sex object without a brain, they LIKE YOU MORE!

That's some real rocket science there.

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## 25. It Can Also Be Linked To Your Hair Falling Out

Studies have also shown that loss of Testosterone can lead to [hair loss and thinning](#), as you saw earlier.

*Any coincidence that girls who have more hair on their body than they should (kinda gross) have higher than normal levels of Testosterone for women?*

Is it a coincidence that men who [prematurely bald](#) tend to have lower than normal levels of testosterone?

Think about it...

Yes we've all heard that it's also hereditary but Testosterone theoretically plays a big part as well.

8 out of 10 men WILL experience some kind of hair loss throughout their lifetime but it's important to remember that some of us are predisposed to it through our genes and lineage.

The study on hair loss is a difficult one.

I only added this point because it's a theory surrounding masturbation.

OTHER RESOURCES:

[Hair Loss – Caused by Over Masturbation](#)

[The Truth About Sex, Masturbation and Hair Loss](#)

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## **26. Guys Who Masturbate Way Too Often Tend To Have More Body Fat**

Testosterone promotes lean muscle mass and helps burn fat.

Mess up your testosterone levels and your body will have a harder time getting rid of the fat caused by those burgers, enchiladas, French fries, pizza slices, and beer that you love so much.

You should eat healthy to begin with but you should also maybe cut back on your masturbation habit to help you stay in better shape.

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## **27. It Might Be Possible to Lose Out On Muscle Mass**

So bodybuilders have been on the topic and theory of not masturbating for years.

They want to tweak their lifestyle in any way possible to ensure that they gain as much muscle mass as possible.



Besides fat loss, the guys who reported not masturbating reported more muscle growth as well.

Testosterone helps you out by doing it's best to keep your body lean and muscular, like a real man's body should be.

Women generally aren't insanely attracted to a guy who's a fat with no muscle. (No offense to the guys who are overweight with girly arms)

OTHER RESOURCES:

[6 Ways Masturbation Kills Gains](#)

[9 Warning Signs of Low Testosterone](#)

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## **28. Excessive Masturbating Might Lead To Lower Back Pain**

Now I'm exactly sure why this is...

But the majority of men who have low levels of Testosterone report lower back pain.

When their Testosterone levels get back to normal, they report the pain going away.

Go figure.

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## **29. You Can Lose Hardness In Your Penis**

This may be too much information for you but you need to know this...

When I stopped masturbating so much, my junk got harder than a diamond when I was erect.

Women even noticed the difference.

They felt more pleasure from it and would comment how they don't often see them get that "rock" hard.

I didn't need any penis pumps or Viagra.

I just needed to lay off the habit for a while.

I have figured out that my penis was just overworked and that Testosterone just may play a HUGE part in the hardness of your erections.

Wanna please your lady more? Stop pleasing yourself so much...

SOURCE:

[What role does testosterone have in regulating an erection?](#)

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### **30. You'll Sleep Better When You Stop Masturbating As Much As You Currently Do**

I always had problems sleeping. I felt terrible and unrested when I'd wake up every day.

Well guess what theoretically plays a big part in your sleep cycle – Testosterone.

I'm sounding like a broken record here I know.

When I stopped constantly playing 5 on 1 with my man meat, I slept better.

I woke up feeling more energetic.

I could wake up easier.

And I didn't need to sleep 12 hours to feel like I was rested.

It turns out I was draining my body from masturbation and it needed a break.

Your body probably needs a break too.

SOURCE:

[Low Testosterone and Sleep Deprivation: What's the Link?](#)

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### **31. Your Prostate Will Be Fine**

So doctors say that masturbation is good for your prostate huh?

Well guess what else is...

Sex.

A lot of people believe only masturbation [prevents prostate cancer](#).



Not according to one study by Doctors Polyxeni Dimitropoulou, PhD; Rosalind Eeles, PhD, FRCP; and Kenneth R. Muir, PhD.

*“Polyxeni Dimitropoulou, PhD; Rosalind Eeles, PhD, FRCP; and Kenneth R. Muir, PhD, obtained detailed sexual histories from 840 men. About half the men got prostate cancer by age 60, and about half*

*did not have cancer. The findings were surprising. Sexual intercourse did not affect prostate cancer risk. But frequent masturbation did — in different ways, at different times of life. “Frequent masturbation during men’s 20s and 30s increased their risk of prostate cancer,” Dimitropoulou tells WebMD. ‘But men in their 50s who masturbated frequently had decreased risk.’ Of course, masturbation frequency is relative. For men in their 20s, “frequent masturbation” was two to seven times per week. Compared to same-age men who reported masturbating less than once per month, 20-something frequent masturbators had a 79% higher risk of prostate cancer by age 60. For men in their 50s, “frequent masturbation” was one or more times per week. Compared to same-age men who reported never masturbating, 50-something frequent masturbators had a 70% lower risk of prostate cancer. ‘It is kind of logical that a moderate level of masturbatory activity has to be maintained,’ she says. ‘Not too much, and not none at all.’”*

SOURCES:

Dimitropoulou, P., Lophatananon, A., Easton, D., Pocock, R., Dearnaley, D. P., Guy, M., Edwards, S., O’Brien, L., Hall, A., Wilkinson, R., The UK Genetic Prostate Cancer Study Collaborators, British Association of Urological Surgeons Section of Oncology, Eeles, R. and Muir, K. R. (2009), Sexual activity and prostate cancer risk in men diagnosed at a younger age. *BJU International*, 103: 178–185. doi: 10.1111/j.1464-410X.2008.08030.x

[Masturbation and Prostate Cancer Risk](#)

And studies have revealed that sex doesn’t affect your brain and Testosterone levels the way masturbating does.

What makes getting sex, if that’s what you want, easier? Not masturbating.

If I just lost you, STOP, and re-read this entire article again.

On a personal thought, it’s weird because it’s like your body punishes you for trying to shortcut the system!

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## 32. Real Men Don’t Excessively Masturbate

Real men don't have the need to watch porn and masturbate every single day.

They get out there, suck it up, and do what they have to do to get what they want.

They don't sit at home or in their room feeling sorry for themselves and constantly stroking it.

They're more mature than that.

They don't want to feel like a loser so they don't do it.

Real men are more successful, happier, and have more women than guys who choose to shortcut the system.

Enough said.

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### 33. Your Overall Happiness

The biggest difference I've noticed in myself since I decided to cut back on this silly habit was overall, I'M HAPPIER.

I wake up in the morning and I'm thinking, "Dude... why do I feel so happy? I don't remember being this happy before."

But not only does it make me feel good that I'm happier, IT MAKES EVERYONE ELSE AROUND ME HAPPIER as well.

I meet women and I notice that they just can't help but to smile from ear to ear because happiness is contagious.

I smile 20 times more than I used to.

I'm more interested in being friendly and social with just about everyone.

When I was masturbating too much, I wasn't that damn happy.

I'd walk around like Mr. Serious and I didn't get as much enjoyment out of everything I do now.

This is another gigantic reason you need to limit your masturbation habit.

This Guy Experimented With Semen Retention and Measuring His Personal Satisfaction and Happiness

(Something I stumbled across on YourBrainOnPorn.com)

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## Conclusion

Masturbation is a lot like a drug that you should stop doing.

It's addictive, doesn't benefit your body and mind the way sex does, and it's hard to stop doing so much.

*I've learned that we are NATURALLY designed to attract women. The system is already inside of us and we're completely wired for it. But we mess up this system by chronically masturbating. When you cut back, everything returns to the way IT'S SUPPOSED TO BE and attracting women becomes MUCH EASIER.*

Porn The New Tobacco | Jack Fischer | TEDxBinghamtonUniversity

### **What I Noticed When I Stopped Masturbating So Much**

I was calmer

I could stand still and not be fidgety

I was more confident

I had more motivation

I was more social and outgoing

I woke up easier in the morning

My anxiety WENT AWAY

I didn't get nervous or shy

I was more patient

I was hornier

I felt more sexual energy when talking to women

I didn't hesitate to talk to attractive women

I cared less about what others thought

I felt more masculine and dominant

My voice got deeper

I lost body fat and trimmed up

I could stare an attractive woman in her eyes without being afraid or apologetic

I would catch attractive women CHECKING ME OUT and STARING at me

Women started walking up and hitting on ME

Women I just met were touching me more

Overall, people started noticing something "different" and starting treating me even better

I've cut way back on masturbating and countless other men just like you have knocked it off as well and we are enjoying the benefits of not being a lame guy who sits around and beats his meat.

You'll respect yourself more, have nothing to hide, have no guilt or shame, and you'll become a man that people love being around – especially women.

*"Quit masturbating and use this newfound energy and drive to fuck the world, not yourself." – David Deida*

*"The more self-control and focus you exhibit in using your sexual energy towards productivity, the more self-control and mental clarity, focus, and power you'll be rewarded with." – Marc Summers*

### **Unscientific Food For Thought**

*"Celibacy is not an old-fashioned, cranky idea, but a dynamic, vital principle for achieving a success so sublime to ordinary people cannot conceive of it at all.*

*The greatest intellectual geniuses in both ancient and modern times led continent lives, and there is yet to be recorded one individual who freely expended seminal fluid who ever amounted to anything. In most cases, individuals who have achieved have been forced by necessity to abstain from sexual indulgence, as Cervantes, who wrote Don Quixote while in prison, or Dante who wrote his Divine Comedy while in exile. Milton wrote Paradise Lost when blind and when he did not indulge in sex. Sir Isaac Newton, active in intellect until the age of 80, led a continent life from birth, and so did Leonardo da Vinci and Michelangelo, both of whom retained their creative genius (until) an advanced age."*

*Other famous celibates include Pythagoras, Plato, Aristotle, Spinoza, Kant, Beethoven, and Herbert Spencer. Many other philosophers, artists, and scientists have preferred to sublimate the sex drive so as to increase their creativity and concentrate their energy on intellectual pursuits.*

*This stands as evidence against the standard Freudian objection that celibates become frustrated and should therefore be allowed to indulge. It is true that restricting the body without being able to control the mind could lead to psychosis. Without developing a higher consciousness, celibacy will be torture. But many non-celibates also suffer frustration, anxiety, or physical disease, caused directly or indirectly by sex.*

*Retention of semen is so essential in progressive human life that it is simply astounding how the whole endeavor of modern civilization is based on discharging it as much as possible. Semen retained in the body goes upwards to nourish the brain, rendering the body robust and the memory and intellect sharp. Determination, optimism, confidence, will-power, fixed intelligence, noble character, photographic memory, and shining good health are all fruits of conserved semen.*

*Scientists have analyzed semen to be amazingly rich in hormones, proteins, vitamins, minerals, ions, enzymes, trace elements, and other vital substances. By nature's arrangement, this substance, when mixed with the ovum, is sufficient for the procreation of a new body. By nature's arrangement also, if it is not used for procreation but is kept within, it nourishes the body and brain in a way impossible for any tonic or dietary aid to emulate. The current craze for vitamin and mineral supplements is an attempt to make up for self-imposed deficiencies. Most people don't know that they are passing out their very life energy with that essential bodily fluid. If semen is lost, all bodily and sensory functions are weakened. Repeated loss of semen spoils the determination and clear, sāttvika(goodness) intelligence necessary for spiritual understanding. However, if semen is retained in the body, there develops what Āyurveda refers to as "ojas", a vital fluid that gives strength, luster, enhanced mental abilities and immunity to diseases, and slows the aging process.*

*Retention of semen, then, is ultimately meant for the evolution of the human being to higher levels of spiritual consciousness. Simply by retaining semen in the body, one develops a tendency towards greatness.*

*Excessive seminal loss can lead to physical and mental weakness. As the body ages, vitality and the will to get things done ebb away, and perpetual tiredness sets in. The pills and intoxicants people take to artificially keep them bright and active further add to their physical and mental degeneration. As premature old age sets in, their exhausted bodies cannot resist the dozens of diseases which proceed to ravage every cell in their organism. The more one enjoys in youth, the more he suffers in old age."*

Thanks for reading.

– Marc Summers