

The Top Ten LIES SATAN TELLS to Keep Men Masturbating

Lie #10 With masturbation, progress is irrelevant; only complete success is acceptable.

- C you do it or you don't; you are either a masturbator or a non-masturbator
- C your Father in Heaven only hears the prayers of non-masturbators, Sorry
- C a man who masturbates 2 times a month is in much the same situation as one who masturbates everyday
- C every time you masturbate you've blown it and must start all over again
- C the most important thing is the number of days you have gone without masturbating - so start counting

Lie #9 Masturbation is only a symptom of deeper psychological problems.

- C it is therefore futile to attempt to stop before solving the "real" problem.
- C this is why your past attempts to stop have failed
- C the solution to this problem must be some kind of insight or inner healing not direct action
- C you have failed due to lack of enough therapy
- C if you want to masturbate this badly there will probably be serious long term psychological damage if you deny this very real need

Lie #8 Things that have worked in that past will not work now.

- C if you really found an answer you would have never masturbated again
- C you stopped doing those things because they stopped working not the other way around
- C the "right" answer will make the problem go way and stay away
- C if you're still masturbating you must not know anything about how to stop
- C a new approach is always a better approach
- C a new approach will probably be easier to use
- C the reason you haven't stopped is that you don't know how

Lie #7 You can not make significant progress in other important areas of your life until masturbation is eliminated.

- C this problem is important enough to take all of your extra time and attention
- C if you are still masturbating you haven't focused on it enough
- C if you masturbate at all you can not grow socially, spiritually, or intellectually
- C masturbators are filthy people, unworthy of love or friendship
- C your Father in Heaven does not like masturbators and is shocked by such behavior
- C it's best to hold off on other things in your life until you are truly worthy

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Lie #6 You would give anything to stop masturbating.

- C masturbation occurs against your will and no part of you wants it to happen
- C if any part of you wanted this you wouldn't be so miserable after you do it
- C if anyone could see how miserable you are they would know that you don't want to do it
- C this is completely out of your control
- C you really have tried everything

Lie #5a You are one of only a few people bad enough to commit this very serious sin

- C if anyone knew what you have done they would be shocked and disgusted
- C your Father in Heaven knows and he is shocked and disgusted
- C this sin is only slightly less serious than adultery or fornication
- C remember there are only two kinds of people; worthy and unworthy and if you do this you are completely unworthy
- C most men never have done this and certainly any one you know or respect
- C this problem is more important than you are

Lie #5b Almost everyone does this so it's no big deal.

- C one more time won't make any difference in my life
- C this will be easier to deal with at some point in the future
- C something this small is unlikely to affect the course of my life
- C you can stop anytime, you've stopped hundreds of times
- C your Father in Heaven is not concerned with this problem to any significant degree
- C most other men have masturbated and it hasn't hurt them significantly

Lie #4 This problem is rooted more in individual psychology or biology rather than in individual morality

- C This is a personal problem that has little to do with my relationships with other people.
- C this is bad only because your Father in Heaven says it's bad, not because of the kind of person it makes you
- C this does not diminish your ability to love other people
- C you understand why masturbation is wrong so there is nothing further to be learned about it

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Lie #3 Since your Heavenly Father has clearly not answered your prayers and taken this problem away, prayer is probably not an important part of the solution.

- C Prayer is more like a magic spell you say not like a skill you must spend time practicing and improving
- C prayer should not be hard to do
- C when praying about masturbation it is best not to be too specific or detailed - this is not a topic your Father in Heaven is very comfortable with
- C when praying it is best to cut to the chase - ask that the problem be removed rather than for understanding, desire, and patience to solve the problem
- C if you prayed it you must have meant it
- C short prayers work as well as long prayers
- C occasional prayers work just as well as frequent prayers

Lie #2 First stop masturbating....then you can work on your sexual fantasies (if they still seem important).

- C if the thoughts and fantasies were important your Bishop would ask you about them
- C something you do must be more important than something you think
- C the sexual thoughts accompany masturbation but aren't a significant step toward it
- C masturbation causes your sexual thoughts, not the other way around

Lie #1 Don't Tell! Don't Tell! Don't Tell! Don't Tell!

- C other people won't handle it well
- C confessing is pointless if you are still doing it
- C overcome the problem first, then you can talk about a problem you "used to have"
- C no one will understand
- C you got into this problem on your own so you must solve it on your own
- C telling would be too hard for you to do
- C your not important enough to trouble people with your problems
- C you can pretty much predict how people will react to this so why bother giving them a chance?
- C you can experience and comprehend Christ's love and mercy directly without first experiencing such love and mercy from other people.

Approaches that may be helpful when a person has stopped believing the lies.

1. **Do something different.** If you keep doing what you are doing you will keep getting what you are getting. If the problem is not improving, any thing you try has a better chance of success than what you are doing now.

2. **Change the way you pray.** Pray more consistently. Pray longer. Pray less to have it removed and more for knowing what to do next. When you get an answer follow it. Pray to see it coming 10 miles down the road. Don't pray for what you don't really want. Pray honestly. Pray for desire. Pray for a changed heart. Pray in detail. Pray when you don't want to pray. Weary the Lord with your prayers. Watch and pray always. Fast and pray. Wrestle before the Lord. Alma 13:27-28; 3 Ne 18:15, 18; Alma 34:39; Enos 1:2

3. **Admit** to yourself, to others, and to the Lord, **that part of you wants it....**if you didn't it wouldn't still be a part of your life. Life get real. Be honest.

4. **Tell a small number of people** (who are not also struggling) about the problem. Establish a system of ongoing, specific accountability.

5. **Write a short note** to another person just before you masturbate (each and every time) telling them you are going to masturbate (include the date and time).

For example:

8-16-00 11:15 p.m. Jeff- I'm going to do it.

Commit to this with another person. This will:

- C make clear your pattern of masturbation
- C clarify the fact that you are deciding to do it
- C give you success in making and keeping a commitment
- C make it no longer private

Sound easy??? Try it, it's not.

6. In a journal, **write a short letter to yourself immediately after you masturbate**(each and every time). Describe your thoughts, feelings, fears and frustrations. Also your hopes, dreams, and desires. Be persuasive. Be specific. Read this journal both once a day and before you masturbate (each and every time). You can and should include the fact the you have kept this commitment in your short note to another person e.g., "I have read my journal and I'm still going to do it."

7. In a journal or on a **chart or keep track of fantasies:**

- 1) the number of times sexual fantasies popped into your mind,
- 2) the number of times you were able to stop these thoughts within 5 seconds,
- 3) the number of times you dwelt on the thoughts for more than 5 seconds.

Do this each and every day. Share it with another person.

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8. In a journal, **record each day the times you felt tempted to masturbate or dwell on sexual thoughts.** Analyze these episodes looking for the elements of moral choice.

- 1) vulnerability to physical or mental loss or pain. These may seem small trivial or insignificant.
- 2) an opportunity to escape this vulnerability through some action
- 3) a clear impression that this action would be wrong
- 4) a decision to follow this course of action anyway.
- 5) avoiding the sense that you have done wrong by
 - a. seeing others as objects which have caused the behavior, made it necessary, acceptable or inescapable
 - b. reducing people to bodies only, then numbing your mind with sexual arousal which you must see as overwhelming.

9. **Replace sexual fantasies immediately with positive, righteous thoughts.** Memorize scripture. Carry your scriptures with you. Sing a hymn. Memorize a few clear, powerful statements which give you perspective e.g. “This is one of my brothers for whom Christ died..” “I will chose to love in reality rather than lust after a fantasy.”

10. **Do more of what has worked in the past.** Think of times that you were more successful at avoiding masturbation. What were you doing then? Remember specific details even if they may not seem immediately relevant. Start doing those things again.

11. **Stop trying so hard. Move on with your life.** Write a detailed description of how your life would be different or how you would be different if you didn’t masturbate. Decide what specific parts of that description you can begin doing now. Do not put your life on hold socially, emotionally, intellectually or spiritually. Pray. Take the sacrament. Date. Go out with friend or family. Have fun. Exercise. Take a class. Go to a dance. Read a book for enjoyment. Go hiking. Attend a group. Do volunteer work. Attend the temple. Get a hobby. Flirt with a girl. Do your home teaching. Pray for others. Call your mom, tell her to say “Hi” to you dad. Laugh. Help someone. Change jobs. Start conversations. Participate in church. Compliment people. Go to bed early. Get up early. Etc. etc. etc.
Masturbation may be a monster which it is best not to do battle with, but to walk away from.