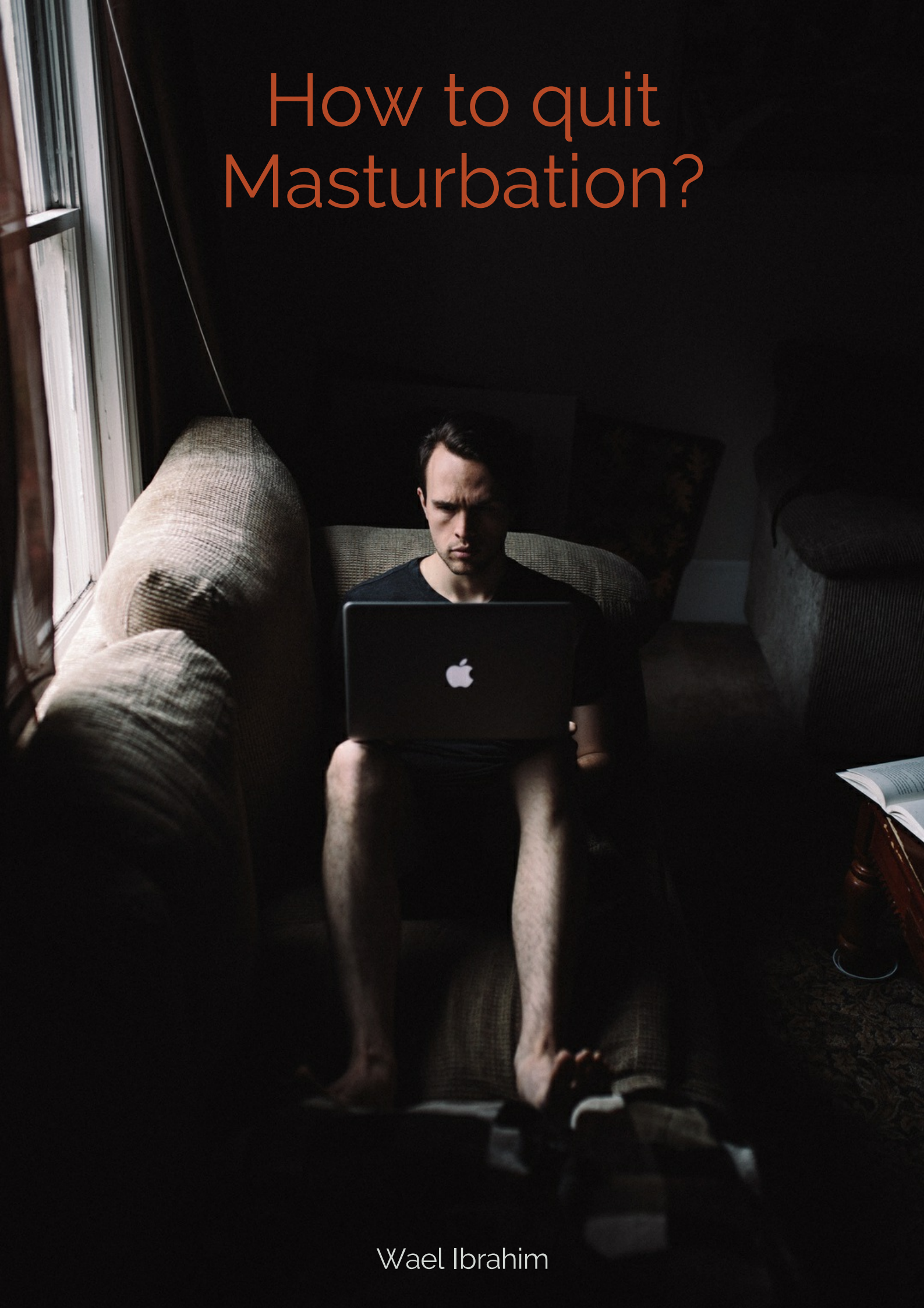


# How to quit Masturbation?



Wael Ibrahim

# INTRODUCTION

'How-to-do' books mostly may contain treasures of information that could benefit us in a great way, however, knowledge and information are worth nothing without implementation. *So the first lesson that you may learn by reading this eBook is:*

**i** Implement what you learn. It really matters a lot..

It is very important for you to remember, and clearly understand, that any kind of addiction can never be defeated overnight. To overcome any compulsive habit, however is not impossible either. Masturbation is no different. I will therefore be doing my best to:

- ➡ Present the Islamic viewpoint on masturbation.
- ➡ Demonstrate how addiction works and its effects on your mind.
- ➡ Explain how masturbation can affect you negatively.
- ➡ Provide some important and practical tips on how to quit this undesirable habit once and for all.

I advise you to do your best to make notes while reading this eBook. You can later destroy these notes once you fully comprehend the subject. This is very essential because it may help you understand what you really need to implement during your path to recovery.

🔗 Note-Taking is the way to learn and implement.

Lastly, whatever is written in this eBook is the result of collective research that experts have worked on for years, plus the experiences of many people who were once being trapped and addicted to porn and masturbation. So learn from their mistakes and don't ever repeat those mistakes again.

I also urge you to do further research so that you may fully comprehend the science of addiction and how to get over it.

I wish you best and may Allah -God Almighty- assist you along the journey.

There are over 797,151 persons who masturbate **DAILY** in America. These include **40% males** and **22% females**. YES, females too, are included! Now you can only image how widely this issue has become epidemic.

The above statistic shows only those who have admitted their indulgence in masturbation every single day. God alone knows how many more are addicted to masturbation and are painfully suffering alone in silence.

It is also said, that by the age of 28, you probably wasted **1,081 hours** of your life **PLEASURING YOURSELF** if you started masturbating at the age of 12.

Allah SWT said in the Qur'an:

... be not wasteful. Indeed, He likes not those who excessively waste.

— Qur'an 7:31

🔗 There are some that justify their indulgences in masturbation by saying that there are no verses in the Qur'an that directly prohibit the act of masturbation. I know that there are no direct verses that prohibit the act, but please bear with me for a while and reflect over the following Ayaat/verses, and narrations.



*In a time of oversexualized images in our society, lowering the gaze, by far has been proven to be the best remedy for those who are suffering from Porn and masturbation addiction. - Wael Ibrahim -*

# The Islamic View Point

**And they who guard their private parts, Except from their wives or those their right hands possess, for indeed, they will not be blamed - But whoever seeks beyond that, then those are the transgressors**

— Qur'an 23:5-7

As we can see, the aforementioned *Ayah* is clearly prohibiting any sexual activity outside the bonds of marriage between husband and wife. to seek sexual pleasure *else where* - including masturbation - is thus absolutely not an option in Islam, whether you are a male or female. And even if your financial situation is not that great. Allah states in the Qur'an:

**But let them who find not [the means for] marriage abstain [from sexual relations] until Allah enriches them from His bounty**

— Qur'an 24:33

Again, this *Ayah* is emphasizing on the importance of waiting for marriage, in order for us to later, and truly treasure this part of our lives. There are, however, some of us that may not have the means to get married now, so the solution is to **WAIT** a little bit longer. To be patient and trust that Allah will open the doors and bless you with a righteous spouse.

**Abdullaah ibn Mas'ood said, "We were with the Prophet while we were young and had no wealth whatsoever. So Allah's Messenger said, "O young people! Whoever among you can marry, should marry, because it helps him lower his gaze and guard his modesty (i.e. his private parts from committing illegal sexual intercourse etc.), and whoever is not able to marry, should fast, as fasting diminishes his sexual power.**

— Al Bukhari 5066

***Be YOURSELF. You know you do not want it. Kick it out once and for all.***



# The Islamic View Point

The reflection over the above narration will cause us to see that the Prophet *peace be upon him* commanded youngsters to fast instead of opting for easy way out through masturbation. Although, fasting is a difficult process while masturbation is easy to be performed. That teaches us that through hardship **ONLY** do people find ease and comfort...  
So reflect

I am aware that there are other researchers who claim that masturbation is absolutely normal! How there are animals who engage in solo sexual pleasures from the South Seas to the forests of South Africa. There is, however, good news here for my readers, and that is **YOU ARE NOT ANIMALS.**

You are a dignified human being created by the Almighty who has chosen you to be the best of all creations. To compare our behaviours to livestock is simply ridiculous.



Human beings were given different purpose in life, therefore we shouldn't compare ourselves to animals or other creatures.

## How addiction works?

Some religious groups would label masturbation addicts as perverts, or unclean etc. This, however, is not true at all. The reason why this thought may occur in the first place is because of our ignorance of what addiction is, and how it works, especially in terms of how it affect our brains. The thorough understanding of addiction will help us come to the conclusion that masturbation or pornography addicts are in reality trying their best to quit and live a pure and spiritual life.

Sexual pleasure is one of the most powerful of all pleasures. IT is caused by the production of neurotransmitters and hormones in our brains, that if abused, there would be a conditioned sexual behavioural state. This state is a process in the brain that seeks pleasure or reward, that once you condition your brain to masturbate, there is the expectancy of that temporary pleasurable reward. The addiction is thus formed and the cycle is then repeated again and again. It does not sound pretty at all, right?

## THE THREE REASONS WHY ADDICTION HAPPEN - THE E-G-A -

**EASY**

**GOOD**

**AGAIN**

● **EASY** - Any path which leads to addiction is, in most cases, easy. Easy to copy and easy to perform. It is in many cases does not cost anything and can be performed at and anytime at any place. [**Masturbation addicts will be able to relate to this**]

● **GOOD** - It makes you feel *temporarily good*. It is this quick pleasure that makes you hooked onto the practice for many years.

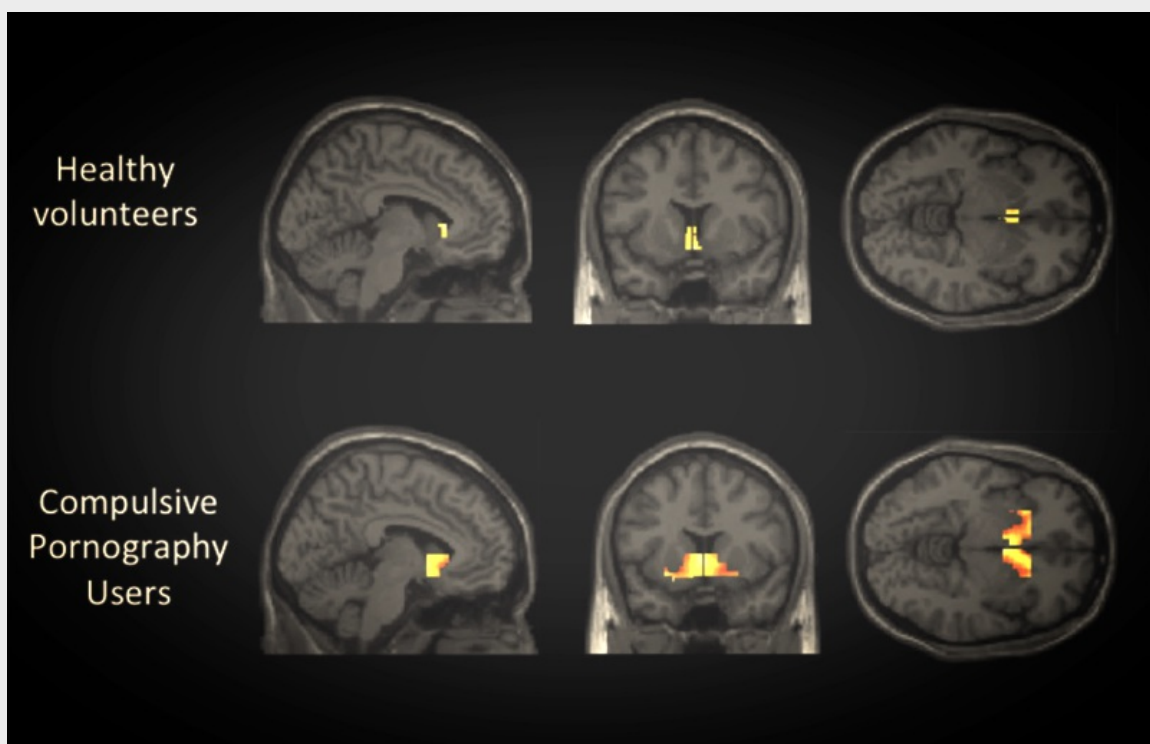
● **AGAIN** - Any addiction of any sort makes the person imprisoned and out of control. It makes him, or her wanted to experience that feeling AGAIN and AGAIN. It is, therefore this very uncontrollable desire which makes a person repeat the activity, despite the danger, and/or negative consequences that may befall him. The person at that stage finds himself running within a cycle of the same activity as long as that momentarily pleasure is expected.

# LIKE DRUG!

Have you heard of Acetylcholine, Dopamine, and Serotonin? If you have not then let me tell you that these are some of the chemical reactions that are produced in your brain during Masturbation 💡

New studies have shown that our brains are being affected and altered by porn and masturbation in the same way that hard drugs like Alcohol, cocaine, heroin and marijuana are negatively impacting our brains.

*2013 study on how pornography addiction alters human brain*



There are two factors for which addiction to masturbation is attributed to:

## Sensitization

Continuous pleasurable feelings caused by regular masturbation [activity] i.e. seeking reward through the activity.

## Desensitization

Over exposure of these images and regular masturbation would cause a huge decrease of pleasure which leads to frustration and depression.

# NEGATIVE CONSEQUENCES

Some of the very negative consequences of Masturbation are the following:

## © The heavy feeling of guilt and shame

The majority of those that are hooked on porn and masturbation are often hunted by the heavy loads of shame and guilt, especially those who are bound by religious obligations, and uphold moral values. You immediately sense the heaviness in their hearts whenever talking to them. It is explained by one of them that: "The pain in my heart is unbearable"

## © Soreness of the genital organs

The repetitive act of masturbation may cause a lot of soreness or burning sensation during urination. The improper handling of this area could also cause some infections in the long run.

## © Addiction

Masturbation provides you with an intense - yet temporary - pleasure which makes it a very hard habit to break. The brain thus starts craving for the activity that you have trained it for. An expectation of reward/pleasure, therefore, becomes necessary for the brain, and as a result, you lose control over your own actions.

## © Sexual Related Problems

It has been observed that masturbation could cause premature ejaculation among men! This causes a lot of frustration and loss of confidence in the long run.

**Enough said? Now you make a decision.**



# HOW TO QUIT?

The following tips are PROVEN steps that could help you in a great way to quit this compulsive habit. But be sure to remember one very important thing:

## IMPLEMENT WHAT YOU LEARN

### ● FIRM DECISION



"Enough is enough," as they say. You will have to understand WHY you wanted to quit and remind yourself of that reason day in and day out. You will have to convince yourself that quitting is more pleasurable for you than porn and masturbation in the long run.

It is true that many people have got their own reasons why they wanted to quit masturbation, but if you are a Muslim then read the following *Ayah* and tell yourself that THIS IS WHY i want to quit:

Say, "Is that better or the Garden of Eternity which is promised to the righteous? It will be for them a reward and destination.

— Qur'an 25:15

Answer for yourself.

# HOW TO QUIT?

## ● BE WILLING TO SACRIFICE

You will be tempted again and again. Now it is the time to sacrifice this 'few seconds of pleasure,' in exchange of everlasting freedom and happiness. Always remind yourself of that price. FREEDOM - It tastes so good.

## ● AVOID SEXUAL TENSION

Stay away from images that could easily cause arousal of your sexual desires. These include improper movies, sitcoms, TV series etc. Do not EVER try to trap yourself into that same cycle again by saying "*just let me take a quick peek - it won't harm*" - Well, that is the gravest mistake on your way of recovery, because that 'quick peek' could cause you long days of frustrations, and depression.

## ● LIMITED TIME IN SHOWER

That is the place where most addicts masturbate. So you do not want to be there for long, but rather start planning on how to quickly clean yourself up and how long exactly do you need to stay there. It will gradually and/or automatically turn into a habit once you regularly follow that plan.

The shower is NOT THE RIGHT PLACE TO SING OR IMAGINE STUFF.

*REMEMBER: Toilets are inhabited by Satan and Devils, so you do not want to be there exposing yourself to them!*

# HOW TO QUIT?

## ●AVOID ISOLATION

Masturbation is a very secretive habit, therefore, avoid staying alone. Take a note of the triggers that caused you a relapse into masturbation, because you will find, that the very thought of carrying out the activity would always occur **whenever you are alone**.

So go out with your friends and spend quality time with your family member. Talk to them over dinner, and do anything that would prevent yourself from being alone.

## ●PICTURE YOUR FUTURE

This is one of the greatest tips that helped many before you to quit masturbation. They have visualized their future and reflected whether they would be proud of it or not. They have pictured themselves having spouses and children. Just imagine for a while yourself married while still sneaking away in the middle of the night and leaving your lawful spouse sleeping just to masturbate! Do you accept this as part of your future?

Think deeply about your future in 10 years or 20 years from now, how will you utilize your time and what will you be busy doing? Will that time be spent over the Internet masturbating to porn is better or reading a beneficial book, going to the gym or hanging out with righteous friends?

Keeping yourself occupied with beneficial work it would not only help you to quit, but it would allow you to discover a lot about yourself, and what you can actually achieve in life. It will help you develop yourself even more, and uplift your motivations, so that you may never think of pleasuring yourself to unreal scripted pornographic images ever again.

# HOW TO QUIT?

## ● GO CREATIVE

Dig into your past and see what are the things you used to enjoy doing. Revive that hobby and fill up your time by enhancing that skill. Maybe writing, swimming, handcrafts, acting, cooking, drawing, etc. The more creative, and productive you are, the less time you will find for foolishness.

You can even talk to your friends who have similar talents and ambitions to start a competition, or arrange an event where you can display your work. Just be creative and things will turn around and be in your favor.

## ● JOIN ORGANIZATIONS

Do something that you will be proud of. Join a cause and contribute to it. Volunteer with any organization to help the community and distribute goodness. All you need to do is to divert your attention away from that part of your brain which is pushing you to continue with your bad habits.

## ● ACTS OF WORSHIP

The condition of your heart will surely change by increasing your acts of worship, and by begging the Creator to help you with your struggle. Remember. ACTS should come first before IMAN and TAQWA

*Iman is your level of faith and Taqwa is your level of God consciousness and how much awareness you have about Allah's presence!*

O mankind, worship your Lord, who created you and those before you, that you may become righteous

— Qur'an 2:21



# HOW TO QUIT?

## ● DU'A BEFORE SLEEPING

Do your best to follow the Prophet's etiquette before going to bed. Recite the recommended supplications and *Ayaat* from the *Qur'an*. Ask Allah to protect you from the whispers of Satan, because In these *Ayaat* there are a lot of supplications for protection, so be sure to not miss that out.

## ● BRIBE YOURSELF

That's right. Reward yourself when you hit a certain target. For example, if you stayed clean for 2 consecutive weeks, then buy an ice cream cone or something that you like. Your brain will get adjusted to this new habit in the long run. Just as your brain has been accustomed to the reward of masturbation, it too, will get adjusted too to the new reward system that you have created. All you need to do is to change the activity, but keep the reward.

You can maybe have a personal marked calendar to track exactly how many days you have been free from porn and masturbation. This can motivate you big time.

## ● ASK FOR HELP

Don't ever be ashamed to seek help from professionals. Their job is not to judge you, or put any blame on you, but rather they are compassionate and seriously want to support you. So find them and ask for their help.

## ● DO NOT GIVE UP

When you fall and relapse, just stand back up and continue the journey. Do not ever despair and give up on yourself. I believe you can overcome this addiction.

# AFTER QUITTING



You have to remember that the recovery from masturbation addiction is not that simple. You will have to follow through with the above tips and other resources. Be aware , that as you progress with quitting, you may come across pornographic elements that may cause relapses or tempt you in a great way. You will have to be extra careful in dealing with these triggers. You will have to be ready to face challenges after quitting. So you better believe in yourself and GET READY

Most of those who have quit porn and masturbation have found alternative paths to control and manage their urges. They have found in these alternatives joy and contentment. They became VERY AWARE of what is happening when they are tempted or aroused, and they have chosen ultimate freedom over temporary pleasure.

💡 REMEMBER: How YOU decide to spend your day is a key factor for your recovery. So plan it wisely, remember the consequences, and go for what is right and pure. You only have got ONE CHANCE to amend and correct your behaviour, THIS LIFE. So live it with grace, purity and intentions of pleasing Allah alone.

# WHAT ELSE TO DO?

## KNOW MORE

1. Watch my video on how to quit porn: [Ten Tips To Quit Porn](#)
2. Read carefully my Interviews with [ProductiveMuslim.com](#) Part I/II  
[\*Interview with ProductiveMuslim -Breaking free from Porn addiction PART I\*](#)  
[\*Interview with ProductiveMuslim -Breaking free from porn addiction Part II\*](#)
3. Listen to my Interview with [ProductiveMuslim.com](#) [HERE](#)
4. Listen to my Interview with [ProductiveMuslim.com](#) [PART II HERE](#)

I also advise you to read this free eBook [CAN DO](#)

PURCHASE THE BOOK CHANGE NOW

## CHANGE

By Wael Ibrahim

“ A book designed with the intention of helping those who are afflicted and addicted to Pornography and other undesirable sexual behaviors. Within the book, the author has included 30 entries and 30 motivational quotes with practical action plans to HELP YOU get rid of your addiction.

The book is talking to you as a friend, because you need a direction, and there are no better friends than those who direct you towards the path of purity and goodness. The book is encouraging the readers to act NOW in order to create a positive CHANGE that they always wanted to make in their lives. ”

